Four Patterns. Latest 3-Gore **SKIRT,** Dainty Evening **BLOUSE,** Original Cache- **CORSET,** Embroidered Collar & Cuffs **PARURE.**

MYRA'S Journal

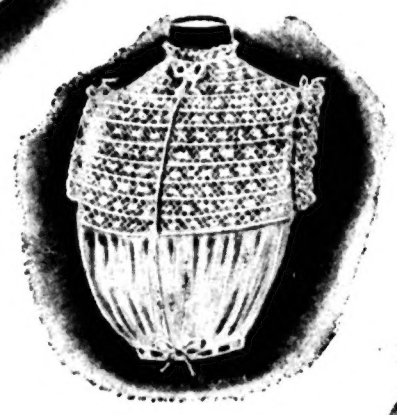
3D.

The Leader of Fashion

Vol. XXXV.
No. 2.

CANADA: { 8 Cents per Copy. 1 Dollar per Annum.

.. Our Four .. Free Patterns.



FEB., 1908.

Published by BEETON & CO., Ltd., 10 & 11, Fetter Lane, London, E.C. Agents: THE INTERNATIONAL NEWS CO., 83 & 85, Duane Street, New York, U.S.A., and Montreal, Canada; GORDON & GOTCH, Queen St., Melbourne. George St., Sydney, Queen St., Brisbane, & Adelaide; CENTRAL NEWS AGENCY, Ltd., South Africa; WM. DAWSON & SONS, Ltd., Cape Town, and Manning Chambers, Toronto.

FENNINGS'

For Children Cutting their Teeth. They Prevent Convulsions. Are Cooling and Soothing.

(Do not contain Antimony, Calomel, Opium, Morphia, or anything injurious to a tender babe.) Sold everywhere in Stamped Boxes, 1s. 1½d. and 2s. 9d., with full directions, or post free 15 and 34 stamps.

Safe Teething! **CHILDREN'S** Easy Teething!

READ FENNINGS' EVERY MOTHER'S BOOK,

containing Valuable Hints on Feeding, Teething, Weaning, Sleeping, &c.

Ask your Chemist or Grocer for a FREE Copy, or one will be sent POST FREE on application to Alfred Fennings, Cowes, Isle of Wight.

(Observe, FENNINGS' CHILDREN'S POWDERS alone have the Trade Mark thereon of "A Baby in a Cradle.")

POWDERS

HAIR DESTROYER.

JAMES'S DEPILATORY instantly REMOVES SUPERFLUOUS HAIRS from the Face, Neck, or Arms, without injury to the Skin. Of all Chemists, or sent with directions for use, free from observation, on receipt of postal order for 1/3, 2/3, and 2/9.

Mrs. C. JAMES, 268, Caledonian Road, London, N.

LUXURIANT HAIR.

Long flowing Eyelashes, Eyebrows, &c., are QUICKLY PRODUCED by using JAMES'S HERBAL POMADE. It is invaluable for the production of Whiskers, Beard, and Moustachios; it causes the Hair to grow on Bald Places and Scanty Partings. Of all Chemists, or a box (with directions) sent, free from observation, on receipt of postal order for 1/3, 2/2, and 2/9.

Mrs. C. JAMES, 268, Caledonian Road, London, N.

ASTROLOGY.

Reliable horoscope of character, marriage, and business Send Birth-date, 1s. P.O. and stamped envelope to Mdme. Zetella (Box 9), Glen Villa, Cleadon, Sunderland. Your future, changes, &c., given free with above horoscope.

When ordering Articles Advertised,

Please mention "Myra's Journal."

A CLEAR COMPLEXION!

PIMPLES, BLACK SPECKS, SUNBURN, FRECKLES, and Unsightly BLOTCHES on the Face, Neck, Arms, and Hands, can be INSTANTLY REMOVED by using Mrs. JAMES'S HERBAL OINTMENT, made from herbs only, and warranted harmless. It imparts such a lovely clearness to the skin that astonishes every one. Of all Chemists, or a box (with directions) sent free from observation on receipt of postal order for 1/3 and 2/11.

MRS. C. JAMES, 268, CALEDONIAN ROAD, LONDON, N.

Threads and Fabrics for

EMBROIDERY

Cotton, Flax, Silk

Fast dyes

NEEDLEWORK

Albums and Publications on every kind of

Art Needlework

Lace Braids

TH. de DILLMONT

MULHOUSE (Alsace)

Patterns and price list on application

Ladies, Please Note that

NOW READY.

Designs for Fancy Dress

Edited and arranged by

Mrs. C. S. PEEL.

Price

2/-

By Post, 2s. 2d.

Contains over 120 Illustrations of Costumes for Ladies, Children, and Gentlemen.

THE BEST AND CHEAPEST BOOK OF THE KIND

"Designs for Fancy Dress" deals exhaustively with Fancy Dress of every Description. It contains not only correct and careful illustrations of various costumes of all periods, but precise and detailed instructions for making them up.

To ensure early delivery, orders for copies should now be sent to the PUBLISHERS, 10 & 11, Fetter Lane, London, E.C.

Myra's Journal.

No. 7373.—Evening Gown of White Marquisette or Æolienne.

Price of Paper Pattern, Skirt, Foundation Skirt, or Bodice, 6½d. each, post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

FEBRUARY, 1908.

Profusely Illustrated.

BRIDAL TROUSSEAU NUMBER

CONTENTS.

FOUR CUT-OUT PAPER PATTERNS.

1.—LATEST THREE-GORE SKIRT.
2.—DAINTY EVENING BLOUSE.
3.—ORIGINAL CACHE-CORSET.
4.—EMBROIDERED COLLAR AND CUFFS.

COURT AND BRIDAL GOWNS.
MID-SEASON MILLINERY.
ORIGINAL SUGGESTIONS FOR A BRIDAL TROUSSEAU.
THE NEW COATS AND SKIRTS.
NEW WRAPS.
EVENING GOWNS AND TEA GOWNS
OUTFITTING FOR A BRIDAL TROUSSEAU.

	PAGE
News from Fashion Centres	5
Travelling by Sea—II. The Question of Luggage ...	6
A Plea for the Old-fashioned Trousseau	8
Something about Court Trains	12
A Dainty Lingerie Collar, by Mrs. Hamer-Jackson ...	16
Of Interest to Women ...	18
Employment Bureau	20
Descriptions of the Free Patterns	25
Practical Dressmaking for Home Workers	28
Cookery and Household Management	30
Health and Beauty	38
Shopping by Post	40
Result of Prize Competition ..	41
Correspondence	42

FIGUROIDS CURE OBESITY

The only SAFE and SCIENTIFIC OBESITY CURE

WHICH REMOVES ALL SUPERFLUOUS FAT FROM EVERY PART OF THE BODY AND QUITE RESTORES THE FIGURE.

There is only one method of curing, that is—First learn Nature's methods, and then discover the REMEDY which acts WITH Nature.

THE ONLY METHOD BY WHICH IT IS POSSIBLE TO REMOVE FAT FROM THE BODY.

If you are too stout, that is, suffering from Obesity, you have within you more fat than you want. You wish to get rid of that fat, that is, you wish it removed from the body. It cannot be destroyed by any medicine or anything else in the world, though unthinking persons actually purchase stuff put up and sold to destroy fat. Remember, nothing is ever destroyed in Nature, substances are changed into other forms, but never destroyed. Again, there is no medicine in the world which will absorb fat, though unthinking persons buy and swallow stuff which is sold as something to absorb fat within them. The idea is too preposterous. A sponge absorbs water, but a medicine taken into the system cannot absorb pounds and pounds of fat, nor, indeed, so much as one atom of fat.

Now, you must remember that you cannot cause fat to actually leave your body in the form of fat by taking any kind of medicine, and you can neither destroy nor absorb the fat; therefore, your remedy must completely change the fat into some form in which it is possible for it to leave the body. There is only one method of change possible, and that is oxidation, but oxidation of fat is not possible while the fat is inside the little adipose cells. The fat, therefore, must first be caused to pass out of the adipose cells into the little blood vessels, and it must there be oxidised and so converted into carbon-dioxide and water vapour, both of which are then eliminated readily from the body through the four great eliminating channels, the lungs, skin, kidneys, and bowels. It is a simple, scientific fact that this is the only method of removing fat in any case of Obesity, and that is exactly how **FIGUROIDS** act.

1 2 3

Learn here what Fat within one is really like. It consists of millions of little Adipose or Fat Cells filled with Fat or Oil. Among the Cells run little Blood Vessels, through which the particles of Fat are carried in the blood to and from the Cells. In **No. 1** is shown the very Full Fat Cells of a Stout Person. In **No. 2** some of the Fat has passed out of each cell. They are smaller and so is the individual. In **No. 3** they are still smaller, indeed, normal, and so is the individual. A genuine cure, you can see, must be something which removes Fat from the Adipose Cells, alters and eliminates it from the body. This is exactly the effect produced by **FIGUROIDS.**

BENEFITS THROUGH TAKING FIGUROIDS

You have learned how and why Figuroids cure. Now one of the first evidences that they are curing is, in men, the reduction in the size of the abdomen, and, in women, the gradual restoring of the figure. Look once more at the diagrams, and you can see how, as those adipose cells grow smaller, the circulation must be freer; and so the heart will work easier, and the palpitation will cease. Shortness of breath will also disappear. The watery portion of the blood that was squeezed outwards from the vessels gradually goes back again. The acidity which caused gout and rheumatism no longer gives trouble. The pressure and discomfort throughout the body grow less and less. There is a feeling of lightness and increasing strength as the tissues are toned up and nourished. Excessive perspiration as well as redness and the shining condition of the skin no longer give trouble, and the appetite improves. Nutrition also improves, and the nerve centres as well as the muscles soon give evidence of the tonic effect of that improvement. You now understand this so well that you can explain it scientifically to your friends, and you will not, after you have once been cured, be likely to forget that the remedy which cured you was Figuroids.

FIGUROIDS are sold in the form of effervescing tablets, with the name "FIGUROIDS" stamped on each tablet. Each tablet is then wrapped in pure silver paper, on which the word "FIGUROIDS" is printed, and put up in bottles. There are the two sizes: the 2s. 9d. size contains one week's treatment, and the 11s. size contains one month's treatment. There are no troublesome diet restrictions. Full directions will be found on each bottle.

To those who order two small bottles direct from us and enclose this coupon we will send an exquisite little box for carrying around one day's treatment. If four small bottles or one large bottle is ordered direct from us and this coupon enclosed we will send the box and one day's treatment in it.

Send for Free Booklet, which gives full particulars.

Sold by all Chemists and Stores, or if out Stock send direct to

THE FIGUROID CO. Ltd.,
Atlantic House,
46a, Holborn Viaduct, London, E.C.

COUPON.
MYRA'S JOURNAL,
Feb., 1908.

HEALTH AND PERSONAL ATTENTION.—See Myra's Answers in "Myra's Journal."

Extract from POSTAL TOILET LIST.

[New and greatly enlarged edition, with chapters on the care of the hair and complexion, &c., and many new preparations, will be sent by return of post, on receipt of stamped address.] Also illustrated pamphlet on Face Massage and the Care of the Complexion, and Mr. Mason's New Book on the Hair, may be had gratis.

PHILIP H. MASON, Pharmaceutical Chemist, 25, BANK PLAIN, NORWICH.

IMPORTANT NOTICE.—All Articles in this List admit of Postal Transit, and will be delivered free per post in Great Britain at the prices marked, secure from observation, and carefully packed on receipt of P.O.

DEPOTS ABROAD.—India: The Agra Stores, Ltd., Agra. South Africa: Mr. W. H. Carman, Mill St., Cape Town. New Zealand: Messrs. Walker and Co., Christchurch. From these Agents any of the Toilet Preparations may be obtained.

SKIN FOOD.—For restoring wasted tissue and removing wrinkles. Clears the skin and enables it to retain the smooth, velvety texture of youth. Prevents falling away of the tissues of face, neck, and arms, and consequent loss of contour and roundness of feature. The best emollient for Massage movements. Cleanses the skin thoroughly, and removes sunburn, tan and all blemishes. 2s. 9d. and 7s. 6d. Post free. "London.

"Your Skin Food is the best I have used, and I have tried several." Mrs. ——

CREME DE VIOLETTE DE PARME.—*A new Skin Cream of exceptional value.*—This extremely delicate preparation has a cooling and antiseptic action upon the skin, which speedily removes all roughness and redness. It leaves the skin pliant and smooth, and imparts to it the delicious perfume of fresh violets. "Terrington St. John.

"The Cream de Violette you sent me has cured all my scars." Miss ——

BLOOM OF STEPHANOTIS.—An exquisite creamy-white skin and complexion powder. It imparts a beautiful natural whiteness and youthful softness and delicacy to the skin. The painful flushing of the face, brownness of the neck and arms, undue redness of the face and hands are obviated by one application. It so entirely prevents the discolouring action of sun on the skin that freckles are almost unknown to those who use it. In polished applewood case, with toilet puff, 3s. 6d., post free.

CREAM OF STEPHANOTIS.—A liquid form of the "Bloom." Innocent, refreshing, and beneficial, it forms the most desirable and effective Complexion Lotion, its action being both preservative and protective. 3s. 6d. and 10s. 6d. Post free. "Edgbaston.

"I have used your Cream of Stephanotis for the last twelve months and am more than delighted with it. I rub it into my face every morning; it tones down my colour and conceals flushing, &c., admirably; it lasts the whole day, and I do not have to use any powder with it." Miss ——

CREAM OF SULPHUR.—The most satisfactory preparation for the removal of Blackheads, Dry Eczema, Pimples, &c., yet introduced. Used in strict accordance with the directions sent with it, this cream gradually removes all the painful and unsightly effects of Acne, and leaves the skin smooth, soft, and healthful. 2s. 9d., post free. "Norwich.

"Miss —— has derived the greatest benefit from the use of the Sulphur Cream, which has completely removed the unsightly blackheads and pimples."

GLYCORAX.—A new and fascinating Liquid Dentifrice, scientifically adapted to preserve the enamel in a white and pearly condition. It produces a delightful sensation of cleanliness and freshness in the mouth, with a fragrant foam, thoroughly sweetening the breath, and removing all impurity. Its use will tend to stop the further progress of existing mischief in the teeth, and to conserve their sound and healthy state through life. Price 1s. 3d. and 2s. 3d., post free. "Limerick.

"Send me by return one dozen Glycorax. I find it wonderful for preserving the teeth." Mrs. ——

JABORANDI HAIR TONIC.—Prepared from selected South American Jaborandi Leaves, containing the valuable alkaloid Pilocarpine. Highly recommended by medical authority as a hitherto unapproachable stimulant to rapid growth of hair. Used not only to prevent the hair falling, but to stop advance of greyness and induce vigorous secretion of the natural colouring pigment. 3s.6d, and 10s. 6d. Post free. "West Kensington.

"The bottle sent to Miss —— has had a most wonderful effect on her hair, restoring the colour where it was turning grey to a very great extent." "Chester.

"I thought you would like to know that the growth of my hair since using your Jaborandi Tonic is simply wonderful. I have only used one bottle, and it has grown more than three inches; I could not have believed it." Mrs. ——

PETROLATE OF SULPHUR.—For nourishing the Hair, promoting its growth, and improving its colour; preventing increase of greyness, and removing that already existing. It has recently been found that a really wonderful amount of success has attended the combined use of this Petrolate at night and Jaborandi Tonic in the morning, in obliterating greyness, and this plan should be tried in every case of greyness, however severe. Price 2s. 6d. Post free. "Bognor.

"The premature greyness has decreased, and my daughter's hair is in most beautiful condition. Its brilliancy is most marked, and the fall of hair is already much less." Mrs. ——

WALNUT JUICE AND NUTGALLS.—Having often been required to prepare Walnut Juice for Ladies, I have found that it is not perfectly successful by itself as a hair stain. After many experiments I am at last able to introduce a combination of Walnut Juice and Nutgalls, which is perfectly effective in giving to grey hair various shades of rich natural brown, very different to the dull metallic black of lead restorers. It is at the same time perfectly safe (Walnut Juice has been used for centuries as a hair dye). Price 3s. 6d. per case. Post free. "York.

"Please send another bottle of your Walnut and Nutgalls. It acts splendidly, making the hair a perfectly natural colour." Mrs. ——

HENNA DYE.—For light brown and auburn hair. An entirely vegetable preparation, obviating the use of any lead or metallic dyes. It is guaranteed to be entirely harmless to hair or health. It is most simple in application, and in every way superior to the old-fashioned metallic dyes in two solutions. Price 3s. 6d. and 10s. 6d. Post free. "Dumbarton.

"Please forward another bottle of Henna Dye, I found the last very good, easily applied, and a good shade, as well as clean in use." Mrs. ——

NEWS FROM FASHION CENTRES.

FROM

VIENNA, PARIS, &c.

FOR the moment the new draped Empire dresses—which are a sort of cross (a very artistic one) between the Princess and Empire types—are the chief novelty. Extreme slimness is requisite, that is, the dress must cling closely to the figure, and the voluminous folds about the feet must fall round the person and not flow out. As such dresses are very long, they are not easy to walk in, and only suit very graceful "womanly" women who walk in a room or hall with a languid, gliding step. They are used, however, for outdoor as well as for indoor and evening purposes, but as outdoor garments they are reserved for very smart functions, such as visiting and weddings. Only very soft, drapeable materials are suitable, and such gowns require little trimming; the skirt is generally totally untrimmed.

All the smarter bridal trousseaux of the New Year contain at least one of these gowns. It is a beautiful style for a wedding gown. No. 7410, for instance, would make an ideal bridal dress with the neck and arm temporarily covered with lace (the dress could be worn over the glacé and lace underslip, No. 7424). Court dresses look lovely in this style, with added train from the shoulder (No. 7374). But for Court purposes the white material for skirt front and bodice front should be embroidered in silver.

Looking ahead, from what the great Paris *couturiers* disclose, I can safely announce that the gowns for the spring and summer will be very soft and clinging, quite charming, in fact. Pleated skirts are returning into favour, but these have the pleats closely secured to the knee, and are worn over "eel" foundation skirts, so that the effect is very graceful. This kind of skirt is to be worn both long and *trottoir* style. Ladies who are very particular as to the "eel" fall of both plain or pleated skirts wear no foundation skirts or ordinary petticoat. They prefer the new "eel" petticoat (No. 7391), which is really a close-fitted princess of glacé to a little below the hip, finished with a divided skirt. For evening wear the divided skirt is of nainsook or muslin, but for the day soft taffetas is used, finished with a pleating of taffetas and lace frills. This petticoat, of course, is worn beneath the new draped Empire gowns, which, especially for evening wear, should drape while fully revealing the shape in the style of the beautiful classic Greek and Roman draperies.

Many ladies write in alarm that they are stout, they are elderly, that they could not possibly wear these clinging draperies. Nor need they. If the gown is not too closely built, if it is worn over the full silk petticoats hitherto considered indispensable, then this clinging, draped effect vanishes. The same with pleated skirts, and all other styles. This is a happy day in dress, when all styles, all ages, all tastes can be provided for.

So very catholic, indeed, are tastes in dress that they invade the domain of conventional bridal dress. Last year brides revolted at the veil for themselves, and the hat for their bridesmaids. It was not a successful revolt, because so many vicars, on the doctrine of St. Paul, objected to the women entering a place of worship with uncovered head. They declined to accept a wreath as a covering. This year many brides decline to carry flowers, and not a few have gone to the altar without gloves. As the old ritual says nothing as to the wearing of gloves, the freak has been allowed to pass unnoticed by the clergy, especially as all brides have to bare the left hand for the reception of the wedding ring.

Personally, I think it is a pity to trouble about changing such details, especially when they are likely to give umbrage, and even, as in the case of veil and hat, to stop the wedding ceremony. If the religious ceremony is to give rise to quite needless bickerings, it is better to be content with a civil marriage before a registrar. And these little details are such trivialities, after all, and only press on one once in life. We are getting so matter-of-fact, however, that soon there will be no bridal attire at all. The French bride rarely carries a bouquet. She carries a small, beautifully bound book of the marriage *messe*. And the French *demoiselle d'honneur* does not carry flowers, either. It is her task, attended by her *garçon d'honneur*, to *faire la quête* (go in quest of alms) for the poor, collecting gold and silver from the guests in the church in a dainty little bag matching her gown. At a very smart French wedding there are often as many as four couples engaged in this way.

The clinging softness of dress skirts has set the note for very soft and drapeable materials. Our cottons, linens, and muslins this summer are to be as soft as possible. Starch will be tabooed in washing them, and this will keep laundresses busy, as there is no doubt that a certain quantity of starch helps to keep fresh for a longer period our washing blouses and dresses. Very exquisite muslins are being prepared, but the weather is too bleak, and it is too early in the year to think of them. A great deal is to be done with bordered fabrics, which are as much as sixty inches wide, with deep, beautiful border running up one selvedge.

It is very evident that the kimona style has come to stay. Just like the Empire style, it refuses to be effaced, and every year we shall see the kimona crop up in some aspect or other. The kimona coats will be much to the fore in the spring, not the short ones of old, but coats of a good length, with basques almost reaching the knees. Some of these coats are marvels of ingenious cut, and are most elegant and becoming.

A beautiful wrap has just appeared in the kimona pelisse, which, however, is of a different type to the coats just mentioned, because the basques are very long and *added* (instead of being cut in one with the top), and the garment is of the Empire type, with short kimona bodice part.

All gowns, and even most coats, are distinctly short-waisted. This is always the rule when soft, clinging draperies come in, as the desired effect is to produce length and slimness when length of leg becomes a necessity. Some quite short girls look really tall in such a gown as No. 7410, in which the front is merely a little short-waisted, while the back is lifted high into a regular "Empire" effect.

Even English tailors are following the rules and are getting rid of their tendency to press down the waist-line to its extreme limit in order to secure as small a waist-measure as possible.

FOUR FREE PAPER PATTERNS. NEARLY 100 DRESS AND MILLINERY DESIGNS.

Terms of Yearly Subscription, including postage to any part of the World but Canada, 5s.; to Canada only, 4s.

ENTERED AS SECOND CLASS MAIL MATTER AT THE NEW YORK, N.Y., POST OFFICE.

REGISTERED FOR TRANSMISSION BY CANADIAN MAGAZINE POST.

HINTS ON SEA TRAVELLING.

By MRS. SCOT SKIRRING.

II.—THE QUESTION OF LUGGAGE. INTERESTING TO BRIDES.

THE question of luggage in travelling by sea is, of course, twofold; heavy baggage not wanted on voyage, and cabin baggage. With the first I am not concerned in this article, except merely to say that—as bulk and weight, except beyond very liberal limits, are no object in most passenger lines, and as all luggage gets frightfully knocked about in its passage—it is better to take large strong boxes or cases for the hold, only regulating their size and number by the amount of clothes and possessions you wish to take with you.

As regards cabin baggage, I cannot say too emphatically that it is advisable to have as little as possible. The discomfort of a cabin blocked up with lots of boxes and portmanteaux is unspeakable. A "P. and O. trunk" for slipping under the berth (though when there are berths one over the other there is not this space for every traveller) is the best largest-sized trunk; in fact, anything larger is prohibited. It is a pity that these trunks are not fitted with a hat-compartment; but it would not be difficult to have one arranged, or else a small hat-box must be taken. These, with the addition of a Gladstone or small portmanteau, are as much as any single traveller need take for a voyage of twelve days or a fortnight; and for longer voyages there are certain days arranged when baggage from the hold is available, and transfers of clothes can be made, putting away those which use or change of climate have made unserviceable, and getting out what is now necessary. Nothing ought to be more carefully chosen than what to take in one's cabin luggage; whereas it is a thing usually left till the last moment, and everything thrust in for which there was no room elsewhere. I am often amused at the long list of dresses given in the "ladies' column" of some papers, in answer to questions as to what will be wanted to wear on board ship, on a voyage to such a place, no suggestion being made, at the same time, as to where these lovely garments are to be stowed, or how they are to be got at—a still more important point on a voyage. If anyone will only picture to themselves a cabin with three ladies—each of them with luggage enough to dress elegantly and with many changes—the aforesaid baggage piled one box on the top of the other, the topmost having to be pulled down to get at those below, and afterwards replaced, the horrid disorder, litter, and physical discomfort which must ensue, and into which the passengers must be plunged; anyone who will picture this scene even without having witnessed it, must agree that ship life is not, and ought never to be made, the occasion of dress display.

It is sometimes stated—with what truth I cannot pretend to say—that there is a distinct class of lady-passengers who take voyages for the sake of "meeting people." Having (presumably) little society at home, or not the society which they desire, they travel by sea for the sake of the people they meet on board, and the new acquaintances which invariably result from a voyage. To them the wearing of smart clothes on board must be a part of the whole proceeding, and it would seem hard to grudge them the social success of grand toilettes on an occasion which must be the same to them as visiting and ball-going to other people. But, at the same time, it would be a comfort if members of this sisterhood could always take cabins together, and share the discomfort and muddle which must be the accompaniment of their saloon splendour.

It is not for them that I write, but for those people to whom voyages are a (not always enjoyable) means to an end—that of arriving at some foreign country, from necessity or for pleasure. For such ladies then I would lay down the one solid axiom that the fewer and the simpler are the clothes which you take to wear on board ship the better. A gown worn on a voyage is liable to be sprinkled and sometimes drenched with salt water; it is crumpled by the wearer lying about on deck chairs, soiled by wet or dirty decks, and cannot be kept in good order by brushing or hanging it up in a cupboard. Clothes worn on board always contract a sort of ship odour or reminiscence, which makes the wearing of them afterwards a distinct annoyance. Therefore let your clothes be few and simple. The fact that every lady who is well enough to appear at table should change her dress for dinner need not entail a lot of grand garments, as so much can be done in these days by the infinite evolution of the blouse, and the smart coffee-coat, backed up by a good black skirt which is not too fragile. But all such questions can be safely left to the Dress Editress of "Myra's Journal," in whose competent hands I prefer to leave them.

But even if clothes are provided in strict moderation, the things which take the most room, which are most necessary and yet most cumbersome, and apt to get lost, are all the little appliances of toilettes and comfort; and of these it is most desirable to come to a conclusion beforehand as to what you do want, and what will be merely a useless burden. A fitted dressing-bag is out of place on a voyage; you have nowhere to put it, you cannot easily get at it; the appliances are too complicated and too good, and the whole thing only gets spoilt. The only things which are practically useful to hold your toilet necessaries at sea are practical cabin-bags, not those large ones for boots and shoes, &c., which require two nails, one at each end to suspend them (the said nails do not exist in any cabin I have ever seen, and passengers are not allowed to drive them in) but smaller and more practical ones, which can be hung up on the existing hooks (under cloaks), and will hold all the small things which would otherwise be scattered and probably lost. I propose, as a model, one which has already been found useful, and which can be, of course, altered to suit individual requirements. These bags are home-made, of strong brown holland, bound with coloured braid. They are thirteen inches wide and sixteen high, and are divided into three lengthways pockets, with a piece of wood run in over the top pocket so that the bag hangs straight from the loop of holland above. One of these bags can be used entirely for hair-dressing, brushes and combs, and back-hair glass, as well as hair-pins, brush-cloth, and a bottle if necessary. A second bag has its middle pocket stitched up into three smaller ones, which can be used for small bottles or cases. This bag can hold a sachet of pocket-handkerchiefs, which should be always within one's reach, eau-de-cologne, brandy-flask, Saline, a small perforated tin of Keating's powder (which is often necessary), a tiny pin-cushion, small box of tooth-powder, in short, all one's toilet necessaries, for there is no place for superfluities, as can well be imagined. This bag is also useful to slip in for the night anything which one wears, or carries in one's pocket by day, such as purse, keys, watch, rings, or any other jewellery, of which latter I recommend the taking as little of as possible, as everything of that sort is a care and an encumbrance on board ship.

Your very sponge has no place (by the-bye, it is a good thing to run a string through it, so that you can hang it on the handle of the open scuttle to dry), but of course that can be disposed of in its own bag. You generally find soap in the cabins, but it is as well to make sure by taking your own piece, the case containing which must also go in your cabin-bag; and your tooth-brush you are often glad to put in the same universal repository, as you frequently have not the luxury of a tumbler to yourself. It is also a good thing to provide yourself with a small tumbler or medicine glass, as it is not pleasant to have to use the general toilet tumbler for anything but its appointed office. There is a universal theory among those who have had no experience that a sea-voyage, being a time of great leisure, is also an occasion for doing all manner of work. This theory is a good deal assisted by works of fiction which, in describing a sea-voyage, always represent the heroine of the romance as being much and studiously occupied, or if of a more sprightly turn as "doing business" of another sort to a great extent with the hero. She is always in complete possession of all her powers, and never appears to suffer even from the slightest languor.

I am acquainted with a young lady of great energy of character, whose time at home was much taken up with the claims

"'Myra's Journal' is a great boon to us out here in South Africa."

of others, who hailed the idea of a long sea-voyage with rapture, as an occasion when she would have all her time to herself, and she provided herself accordingly with all the accumulation of the unanswered correspondence of several months, a voluminous diary (for reflectcions á la Julia Mills), a large piece of fancy work, and even some mending, chiefly of silk stockings, the latter of course to be done in the seclusion of her cabin, where she fancied herself as cheerfully darning and looking out occasionally at the waves as they went dancing by A course of somewhat serious reading was to be embarked on, and she also wished to commit some poetry to memory. She also imagined that there might be quiet hours when she could practise Beethoven, undisturbed and unobserved, at the saloon piano. As her family remarked, it was "better to make sure of not being dull from want of occupation." Her departure was somewhat hurried at the last, and her clothes for the voyage, and the materials for her manifold pursuits, were thrust rather hurriedly into her cabin boxes The arrangement of them in an orderly manner, in the numerous and voluminous cabin-bags with which she was provided, was to be her first occupation. Various friends saw her off at the docks, and the partings affected her feelings, so that the afternoon was spent in wrestling with her trouble; and the general confusion in the cabin at night, owing to the unpacking and premature illness of her fellow-passengers, caused her to pull out only what was necessary for immediate use, and leave her real unpacking until the next day. The sad upshot was that she never "really unpacked" at all! "The storm came on before its time," and lasted from the English Channel until Gibraltar. The poor young lady lay sick almost unto death in her cabin-berth during all those weary days and nights (except when the pitching of the vessel tossed her out on to the floor, which happened more than once), deprived of motion, almost of sense, while a charitable fellow-passenger dived into her unpacked boxes, and painfully fished out her clean linen and other necessaries. At Gibraltar she was too much shattered for anything but being helped on shore for a restorative drive; and when the vessel sailed again her sufferings recommenced. The weather was squally only, not actually

No. 7374.—AN EXQUISITE COURT TRAIN.

For Description see Page 12.

Price of Paper Pattern, 2s. 6½d., *post free, of* MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

stormy, and she was able to crawl up on deck and lie on a (borrowed) deck-chair, and read a (borrowed) novel of the lightest description in her best moments; but her books, and work, and music never saw the light of day till her voyage was over, and she was well settled on shore once more. It was hard upon the poor girl, and as not only was she unlike the heroine of fiction who is never sea-sick—but who paces the deck with a brilliant eye and a freshened colour when the waves are rolling mountains high, and who goes through dramatic scenes with the hero when the vessel is pitching heavily, and never seems to have her equilibrium upset—not only did my poor young friend fall short of this ideal, but she was even below the level of the fellow-passengers of the heroine, whose lower nature is shown in the novel by their being sea-sick for the first two or three days of the voyage, but who always emerge at the end of that time, and join in the action of the story. But there are more people in different degrees like my friend than is generally supposed; and even among those who are not in a state of collapse during a voyage, very many feel a continual dizziness and inability to think much, or even employ themselves in any way which demands any especial use of the faculties, so that not only is anything in the way of study an impossibility, but even ordinary letter-writing is felt to be too great a strain, and must be made as easy a process as possible.

I recommend the taking of a small writing-portfolio, with pockets in which can be placed the few sheets of letter-paper that are likely to be wanted, and some envelopes ready directed. This makes you independent of tables and ink, and short notices of safe arrival, which are all that is really wanted, can be written on deck and posted at the different ports. Of course, for the people who are as well at sea as on shore there are all facilities for writing at the saloon tables, and no instructions need be given to them.

As to reading, a voyage is a time for the very lightest of fiction, and such reading is often the sole pleasure which the debilitated sufferer is capable of enjoying. It is a good practice to collect, or beg of your friends, before a voyage, books of that description, in cheap bindings, which will not be wanted afterwards. Put them within easy reach in your cabin luggage, take them out, one by one, and when finished give them to your fellow-passengers (not to be returned) or to the stewardess, who is always very grateful for such offerings. Instead of taking, as some people do, an elaborate equipment of working materials with a view to executing needful repairs, it is really useless to cumber yourselves with as much as a threaded needle for glove mending. Even if such repairs should be needed, you will be sure not to make them at sea, and it is the better plan to guard yourself against wanting them. Either take linen which is so absolutely old that it can be thrown away after using, or else let it be in perfect repair, and the same with everything else. See to buttons, frillings, &c., before you start, and leave nothing of that sort to do on board. Loose gloves with gauntlets, which slip on and off without trouble, are the most comfortable to wear on deck, and with a couple of good pairs for going on shore, you will want no more during the voyage.

A Plea for the Old-Fashioned Trousseau.

English people hug to themselves a quite false impression of their being so very "practical," when in essentials they are often the least practical race on the face of the earth. Take, for instance, one point, in which they stand alone in Europe—the slavish copying (as far as means will allow) of a superior class by the class several degrees below it. A very modest middle class bride, who is going to live on £200 a-year, will insist on a court train for her bridal dress, on six bridesmaids, on a couple of pages; in a word, on all the bridal paraphernalia of the wealthy heiress whose prospects tot up to £20,000 per annum.

No. 7375.—Smart Afternoon Blouse.

For Description see Pages 31 to 36.

Price of Paper Pattern, 6½d., post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

The trousseau is chosen with the same mistaken idea. The young typist-secretary (wages, 30s. a week) goes about buying lace coats, lace fichus, the flimsiest of blouses, evening frocks, all the attractive gew-gaws of dress for her trousseau, of the poor quality her purse alone can stand. And her young bridegroom's face gets longer and longer. What does she expect? Where is the money to come from to support a life of gew-gaws and trifles? Sometimes he manages to stutter a feeble warning. "My d—d—dear! I—I—am—afraid—you will never want these things!"

Young women of modest station are apt to act without thinking. They consent to start housekeeping on a yearly sum which other girls would frankly own to be quite insufficient; and then they doggedly set to work as if the little income were multiplied by ten. Ditto with the trousseau. They ignore the useful things they will want, and buy "fal-lals" which cost much and will never be needed. In France it is not so. The daughter of a *bourgeois* buys her trousseau according to her station, and never omits the family linen.

When young people are going to be very modest it is far better that half the trousseau money should go to buy household and table linen. This, indeed, should be more the rule in England than it is in France, for here the *bourgeoise* daughter does not possess a penny as a rule, and in France she never goes to her husband empty-handed. In the case of rich people the point is not of much importance. When the home is costing some thousands, the extra money for the linen is comparatively a trifle. Fifty years ago no middle-class English girl devoted to her own "rig out" all the money given her for her trousseau. Indeed, her mother spent it for her, and, consequently, was less open to the claims of vanity and inexperience. Linen is cheaper now, as anyone will see who sends for the Catalogue of beautiful Irish house and table linen to Robinson and Cleaver, 40R, Donegall Place, Belfast.

If she marries on a very small income, the bride knows that she will be very short indeed of pin money, unless she possesses that insidious little danger—a wee income of her own. When one is keeping up a home, what is £30 a year? The possession of this tiny sum, nevertheless, makes many a youthful wife discontented and extravagant. She finds one general servant quite "impossible," so, in spite of all remonstrance, she keeps two. She soon realises the irksomeness of never being free from "baby." So she keeps a nurse. Poor little £30! A sensible girl, however, knows the value of money. She knows how far the joint income will go. So she makes provision for the future by having few made-up frocks in her modest trousseau, but taking care to add lengths of pretty material, of no startling colour or design, which will build a nice frock or a pretty blouse "any day."

A large number of dresses, coats, hats, is to be deprecated in a modest little trousseau. In her small suburban villa the young wife will not be able to entertain much, and, consequently, after the first few weeks, she will not receive many invitations. Multifarious, gorgeous clothes are not needed, and will be scarcely soiled when they have become thoroughly out of date. Plentiful, good underclothing, for all seasons, is, however, a boon. It should not be too "flimsy" of texture or decoration if required to last long, but it can be as dainty and as pretty as one pleases.

"I have lately used your paper a great deal, and find patterns most reliable and correct."—Miss O. H.

No. 7876.—SMART TRAVELLING OR RAIN COAT OF PIRLE-FINISHED COATING.

For Description see Pages 31 to 36.

Price of Paper Pattern, 1s. 6½d., *post free, of* MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

GROWING FAT AND LOSING BEAUTY.

PREVENTION AND PERMANENT CURE BY THE ANTIPON TREATMENT.

That the tendency to over-fatness is greater with the feminine than with the masculine sex is an obvious truth, and that it is more dangerous as well is equally true, the special danger lying in the fact that very tight-lacing is resorted to in order to compress the figure into comely proportions. Nature rebels against such injudicious compression, and many evils arise therefrom. Of course, a fine figure and a graceful bearing are amongst women's most coveted charms, and the loss of them through obstinate or chronic fat development is greatly to be deplored; but the remedy, however, lies neither in external compression nor in semi-starvation; and when to these is added some mineral drugging treatment, such as old-fashioned practitioners prescribed, the danger to health and even to life itself is seriously augmented.

There is absolutely no need for any of these severe measures. The famous Antipon treatment has taught the world that weight may be rapidly reduced to normal, and the persistent tendency to put on a lot of flesh entirely overcome, while at the same time the person under treatmeut regains strength and stamina, health and energy, together with restored beauty of figure.

Antipon, which is a refreshingly tart tonic liquid of positively harmless vegetable ingredients only, and which can be taken at any hour without producing discomforting symptons or causing the least inconvenience, calls for no assistance from anything but wholesome food, without tiresome restrictions of any sort. Rational meals and table luxuries may be indulged in without fear that the satisfying diet will renew the distressing tendency to over-fatness. The muscular and nervous systems must of necessity benefit by such a generous régime. With every pound of superfluons fat eliminated there is an increase of muscular strength and force, of physical and mental energy.

Antipon has a remarkable tonic effect on the entire organism, and especially upon the digestive system. Appetite is rendered keen and d igestion sound. The blood, no longer contaminated by the poisons bred by the waste matter due to ill-digested food, is purified and enriched, while the circulation is sensibly improved. The rapid renewal of health, vigour, and beauty is truly phenomenal. The skin, upon which Antipon has a valuable tonic action, becomes pure, and the complexion regains its natural healthy colouring. The whole body—face, figure, and limbs—is restored to beauty of shape, and reanimated with the priceless beauty of health.

The weight is reduced by from 8oz to 3lb within a day and a night of the first dose, and then daily by a reliable and satisfactory loss of superfluous fat. The doses may be discontinued as soon as the desired weight-reduction has been effected, the cure being permanent by reason of the tendency to over-fatness having been over-mastered.

Antipon is sold in bottles, price 2s. 6d. and 4s. 6d., by chemists, stores, &c.; or, should any difficulty arise, may be had (on sending amount) privately packed, carriage paid, direct from the sole manufacturers, the Antipon Co., 13, Olmar Street, London, S.E.

No. 7377 No. 7378 No. 7379

AFTERNOON AND VISITING GOWNS FOR A BRIDAL TROUSSEAU.

For Descriptions see Pages 31 to 36.

Price of Paper Patterns, Redingote, 9½d.; Skirts, Foundation Skirts, Coats, Pélérine, each 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

No. 7880 No. 7881 No. 7882

No. 7883 No. 7884 No. 7885

LOVELY BLOUSES FOR A BRIDAL TROUSSEAU.

For Descriptions see Pages 31 to 36.

Price of Paper Patterns, each 6½d., post free; and Full-size Transfer of the Embroidery for No. 7882, price 4½d., post free, can be had from MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

SOMETHING ABOUT COURT TRAINS.

Not so many trains from the shoulder will be seen at this season's courts, especially for the elder women. The youthful *débutante* or bride looks more important, more graceful in the train from the shoulders, as girlish slenderness looks remarkably disproportionate to the volume of drapery below the waist. Matrons of fine proportions wear either style. Elderly dowagers look best in the waist train.

The trains from the shoulder are very much draped, and are always in much softer flimsier materials than the waist train. Brocade and Lyons velvet are too heavy for them. The chief materials in use this year for the draped shoulder train are the lovely glossy Charmeuse silk, very soft satin, the new soft moire, and lace.

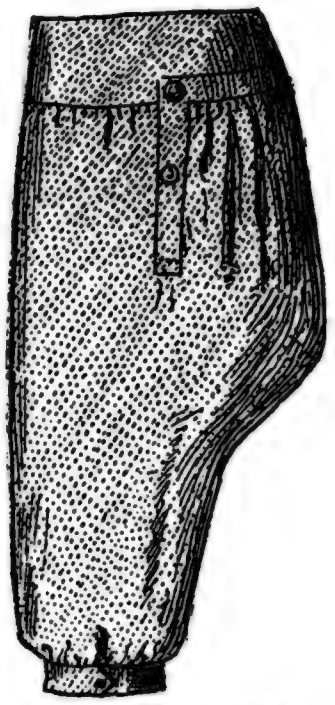
For silks and satins an ideal style is the train sketched on page 7. It should be very soft, or the exquisite folds from the shoulders do not fall well. This is a lovely train to add to the bridal dress for the first court attended after the wedding. Of course the bridal dress must be properly fashioned, very low in the neck, with a short filmy sleeve, filled in for the bridal ceremony with yoke, band collar, and tight long sleeve of transparent lace. I do not recommend the train for the bridal purpose, as the best people have dropped the court train for everything but wear at court functions; and really it is a stupid and wicked waste for middle-class brides to don the court train for their bridal. The bridal dress should have a trained skirt, but the train should be a very moderate one.

The pattern of this beautiful court train is in one piece: half the train. It is quite easy to make up, the coquillé folds being wheelmarked on the pattern. Three breadths of single-width material are required, or two breadths of double width. In the case of double-width material, cut the train to pattern as far as the coquillé folds, but below that leave whatever width your silk or satin permits.

The train is lined with white silk. Below the folds, where the decoration begins, a broad band of lino should be used as an interlining, extending to a complete interlining where the train lies on the floor. The decoration is very handsome. A frill of chiffon is laid under the train. On it is a lace drapery, besprinkled with appliqués of silver leaves, partly on the lace, partly on the Charmeuse silk. A great bouquet of white roses is on the right side of the stiffened train. If three breadths of single material are used, 12 yards will be required. Eight will be needed of double width material.

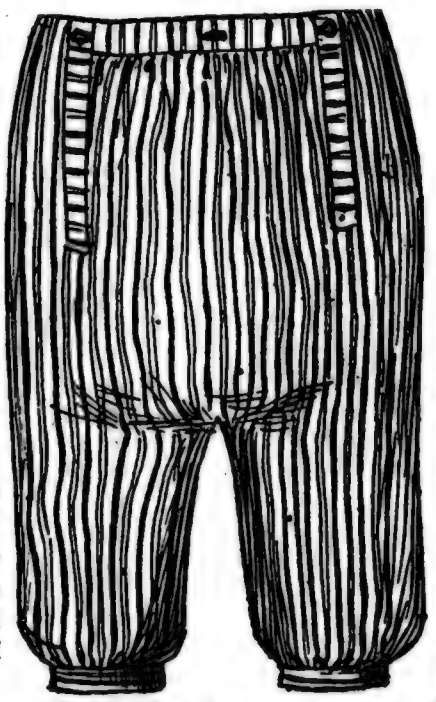
Some court dressmakers are making trains of Limerick lace only three yards long, closely gathered into the top of the low bodice, *between* the shoulders. These trains must be full—four breadths at least of 18-21-inch lace, and substance for the flimsy lace is supplied by a closely gathered lining of chiffon. Quite twice the width of chiffon must be allowed. Lace and chiffon are made up quite apart, then the two are secured together all round the edge, and the lace is caught to the chiffon here and there, invisibly, all over the train. A white Limerick lace train lined with ivory chiffon looks charming.

The chiffon must be less full near the top of the train or it would make the lace gathers clumsy where the train is secured on the bodice beneath the berthe.



No. 7386. — Cycling Knickerbockers.

For Description see Pages 31 to 36.
Price of Paper Pattern, 6½d., post free, of Madame Myra, *10 & 11, Fetter Lane, E.C.*



No. 7387.—Knicker-bocker Lining of Horrockses' Flannelette.

For Description see Pages 31 to 36.
Price of Paper Pattern, 6½d., post free, of Madame Myra, *10 & 11, Fetter Lane, E.C.*

No. 7388.—Braided Kimona Dressing Gown.

For Description see Pages 31 to 36.
Price of Paper Pattern, 1s. 0½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

"I shall in future take 'Myra's Journal' in preference to any other. —Miss O. H.

No. 7889 No. 7890 No. 7891 Nos. 7892 and 7893

No. 7894A No. 7894

BEAUTIFUL OUTFITTING FOR A BRIDAL TROUSSEAU, WITH THE NEW "EEL" PETTICOAT.

For Descriptions see Pages 31 to 36.

Full size Transfers of Embroidery (5 designs) for collar and sleeve frills of the Nightdress, Nos. 7394 and 7394a, can be had, price 5½d., post free. Price of paper patterns: Tea Gown and "Eel" Skirt each 1s. 0½d.; the other models each 6½d., post free, from MADAME MYRA, *10 and 11, Fetter Lane. E.C.*

No. 7395 No. 7396 No. 7397

NEW INVERNESS AND MORNING TAILOR GOWNS FOR A BRIDAL TROUSSEAU.

For Descriptions see Pages 31 to 36.

Price of Paper Patterns, Inverness, 1s. 0½d.; Skirts, Foundation Skirts, or Coats, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane. E.C.*

No. 7398 No. 7399 No 7400

No. 7401 No. 7402 No. 7403

MID-SEASON FROCKS AND COATS FOR GIRLS.

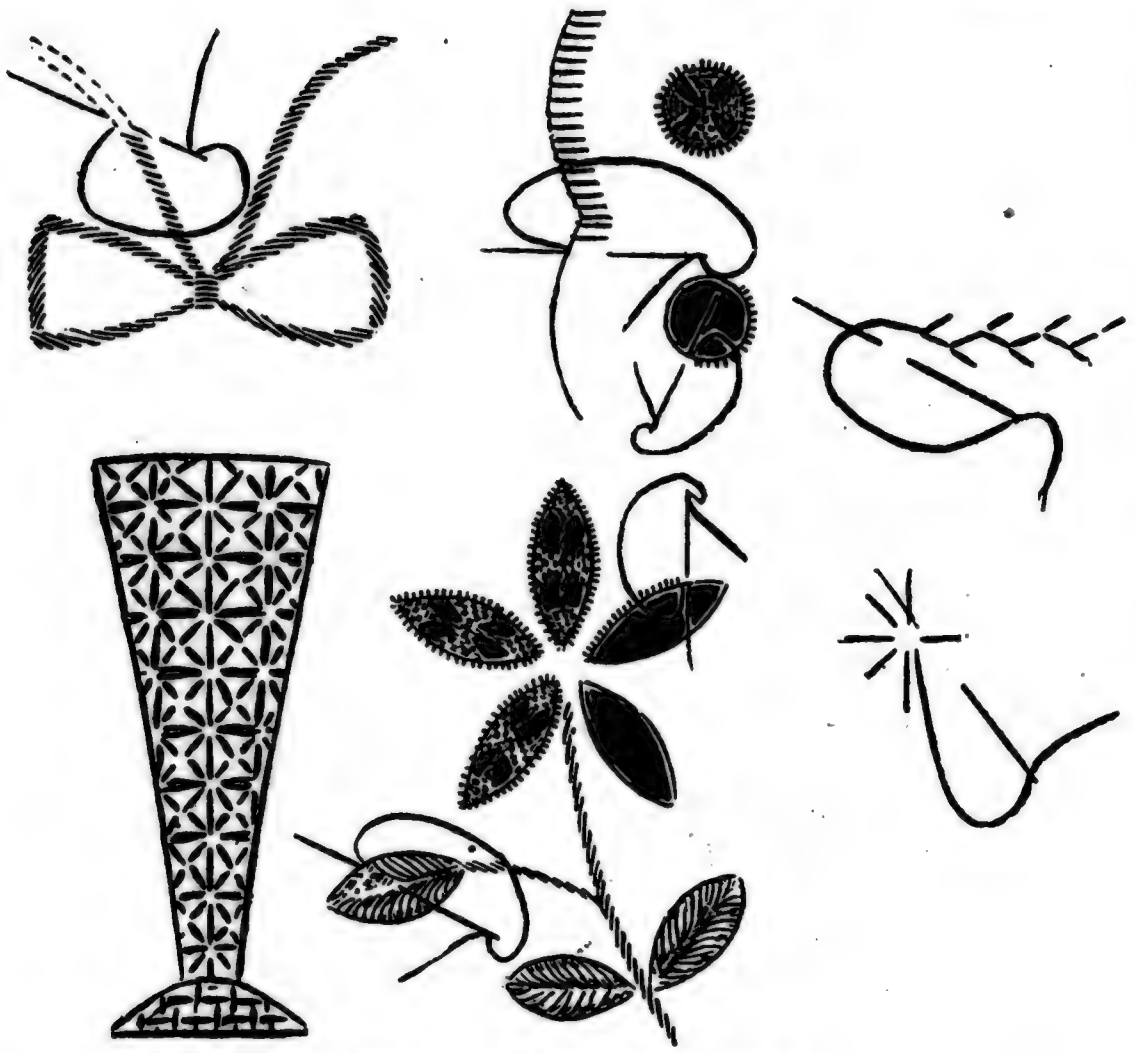
For Descriptions see Pages 31 to 36.

Price of Paper Patterns, each 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C. Full-size Transfers of Embroidery for Collar and Cuffs of No. 7400 can be had from* MADAME MYRA, *price 3½d., post free.*

A DAINTY LINGERIE COLLAR.

WORKED IN PERI-LUSTA THREAD.

By MRS. HAMER-JACKSON.



Details for Working the Collar.

THE charming collar illustrated on this page is a perfect masterpiece of simple and effective needlework. Presenting a most elaborate appearance, the work is really a combination of the ordinary embroidery stitches, which all those who can handle a needle have used many times in the simple decoration of plain needlework.

The exquisite transfer pattern which has been especially prepared for the readers of Myra's Journal, has in itself a refined and artistic finish seldom met with in this class of work.

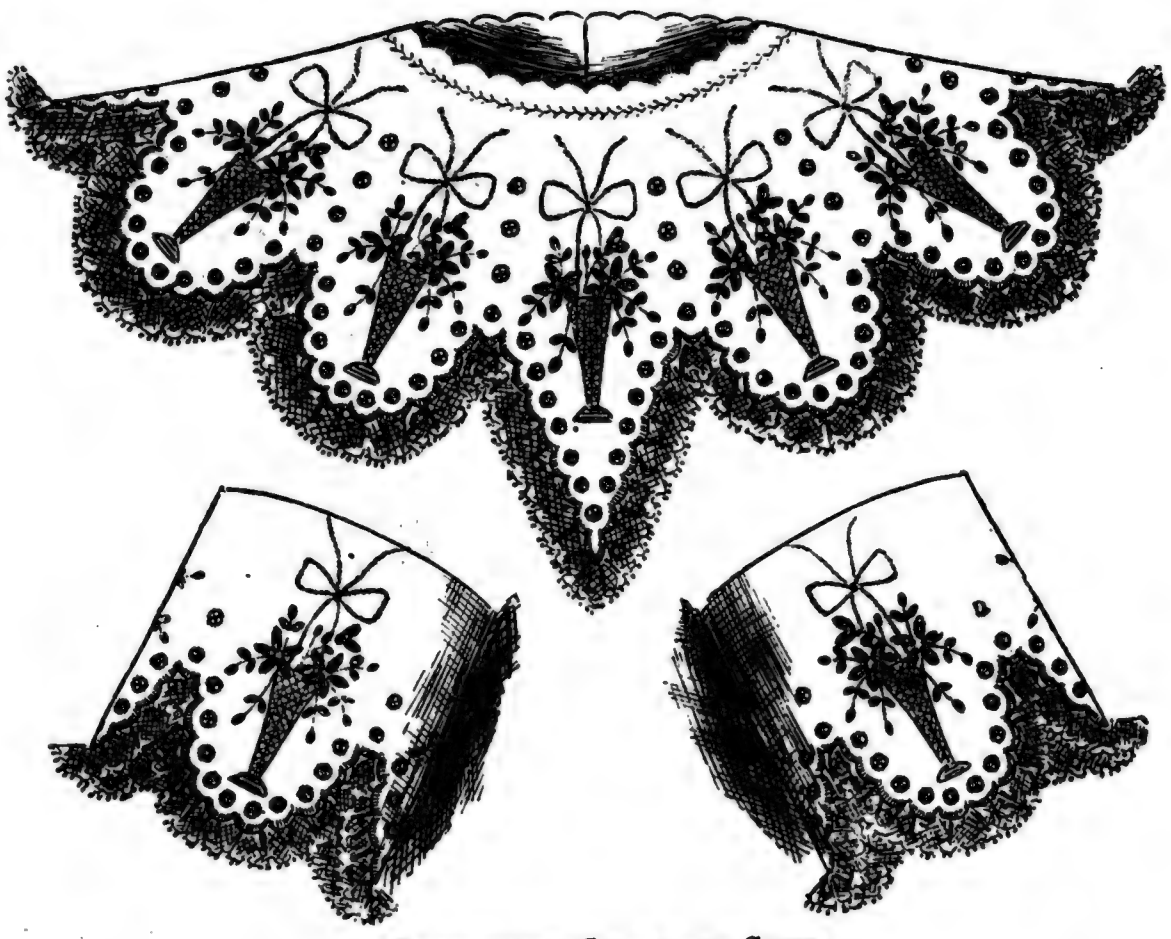
This pattern being quite complete, there is no need to go into useless details of drawing or tracing, the simple method of transferring the whole design being much quicker and easier Linen, lawn or fine nainsook are the best medium in which to express this collar. The design should be applied with an iron just warm enough to transfer the outline without allowing the wax to run in the fabric.

Peri-Lusta White-Flosette, size * * *, should be used for the padding and embroidering of the buttonhole edge, which is the first part of the work to be completed, as the uniformity of the stitches is the most important part, and all those who are accustomed to do buttoning know that if the work is done in "bits" it is never so smooth as when it is done right off. It is, however, better not to cut off the scalloped edge before the collar is completed.

When the buttonholing has been done all round, the little open circles should be cut and worked. In some cases the workers like to do the oversewing before cutting, but, personally, I prefer to make a fine row of tacking all along the circle, and cut the inside out with a pair of sharp scissors, doing the fine oversewing afterwards on the top of the tacking with Peri-Lusta White Embroidery size C. The edge of the material naturally rolls under the stitches, and presents a much neater appearance than when cutting after the work is done.

Filling up the open circles seems rather an imposing piece of workmanship, but although it is extremely pretty in lace stitch, as shown in our detailed design. a much easier way would be to throw over a few stitches at right angles, and secure them in the middle with a small wheel stitch. As shown, however, it is very simple, and consists only in open buttonhole stitches caught in each other to form net, beginning with four, then three, two and one. This is repeated four times, and the four little points joined in the middle.

The flowers are done in the same way and with the same thread, giving a most charming lacy effect to the collar; but if preferred the inside of the petals need not be cut, and a few oblong stitches can simulate the veining. Another very



Embroidered Collar and Cuffs.

Full size transfers of the Embroidery can be had, price 6½d., post free, from Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

"I think it (the embroidered blouse) quite the prettiest of the kind I have seen."—N. B.

practical and ingenious device is, after the cutting out, to line the flowers with net, simulating the veining with darning stitches. If done carefully, the inside of the flowers look as if it had been worked in fine Brussel needle point.

The leaves are done in the usual padded broderie Anglaise way, which has been several times explained in these pages. A glance at the illustration will be sufficient to show the unitiated how the outlines are padded with darning cotton and worked over with satin stitch.

The charming pompadour basket, which stamps the collar with such an indefinable note of daintiness, is really the most agreeable part of the work. The outline is covered with a stem stitch, the inside being filled with star stitches, which, joined together, simulate basket work. Another way is to throw long stitches criss-cross fashion at right angles, making a small cross stitch over the crossed threads wherever they meet. The bottom part of the basket should be done in darning stitches, over and under, to imitate another kind of wicker work. The handle and ribbon bow is in rope stitch, and the illustration given is sufficient to need no other explanation. Our artist has designed a row of single featherstitching round the top of the collar, but a fine double featherstitch would be more in keeping with the daintiness of the collar, which is greatly enhanced by the frill of narrow Valenciennes lace, which forms such a delicate frou frou under the scallops.

The cuffs are an exact reproduction of the design on the collar, and although the latter could easily be worn without, the cuffs make a very complete set which is well fitted to adorn the best dress of any young girl.

I should like to mention that the collar can be worn with the longer point either in the front or at the back. If it is desired to wear the collar open in front, all that is required is to wear the point at the back and in the front slightly turn the corners in, when the two lower points will join, leaving the front quite open.

The transfer can be had from MYRA'S JOURNAL Office, price 6½d., post free.

Some of my readers are, I know, very fond of coloured embroidery, and for those I would suggest our charming collar being reproduced on tussore silk with coloured Peri-Lusta, using yellow and brown 3, 4a, and 4 for the baskets, pink 121, 122, and 123 for the flowers, and pale blue Nos. 43 and 45 for the ribbon handles and lover's knots. Two shades of green, No. 95 and 97, for the leaves, whilst the edge should be in pale blue, 45.

By the way, the work for which prizes are awarded in the PERI-LUSTA £100 COMPETITION is to be exhibited for a fortnight from February 10 at Messrs. Wm. Owen, Limited, Westbourne Grove, London, W.; and all ladies interested in fancy work should avail themselves of the opportunity of seeing the excellent work which has been sent in.

No. 7404.—A STRIPED AND BRAIDED SPORT COSTUME.

For description see Pages 31 *to* 36.

Price of Paper Pattern, Skirt, or Coat, each 6d½., *post free, of* MADAME MYRA, *10 and 11, Fetter Lane. E.C.*

Of Interest to Women

II.—TIME AND ITS CHANGES.

IT is the misfortune of Englishmen that they dislike change too much to acknowledge its necessity until circumstances force them to yield, at much loss to the community of dignity, of time, of money, even of talent and of life.

Yet the moons wax and wane, a change is ever taking place—imperceptibly. Your average Englishman is not a philosopher, however, and he shuts his eyes to the changes which creep on by slow degrees as the years roll on. He does not see the change, and he will not allow that it is there. Nor will he at all admit that his own actions, his own habits have brought about the change which, though he denies its existence, fills him with angry consternation.

The modern English man exclaims "What are women coming to? What is their little game? What do they want?" He proclaims himself shocked to see that they are infringing on men's work, that they are no longer contented with their "sphere." In his idea time has not, or rather should not have brought any change in that "sphere." A woman's ambition used to be, and ought always to be, to secure a good mate and protector; her sphere ought to be a husband, home and children. The female in his mind is a changeless being, required primarily for the peopling of the world, and, *en passant*, as the ministrant of his baser pleasures. He will not acknowledge that she is changing, that she is changed by the altered conditions of the world.

At the risk of drastic maltreatment her "femininity" must remain as it was in the long-ago. He is doggedly determined on that point, as it is necessary for his waning supremacy. But, are not males and females the complement of each other? The change in one means some change in the other? Can man preserve woman's "femininity" when his own "masculinity" is a thing of the past?

One must not look too far back. If our men of science are right, in the beginning of things female life alone existed, the male being a comparatively recent production. Let us only look back, however, to the beginnings of history, when human beings, in pictures or in writing, first began to chronicle events. From those early times, through the periods of the classics, through the middle ages, through the romantic years of the Renaissance, down to the last three or four hundred years, men's "masculinity" or "virility" meant something more than mere gender.

In the days of old, even when he slept, a man kept his weapon close to his hand. On his vigilance, his strength, his address with his weapon—were it primitive club, a knife, a sword, pistols—depended the lives of his family and the preservation of their food. To feed these helpless beings he had to run the woods, his nude body absolutely unprotected, and he had to kill fierce beasts with the rudest of weapons in his struggle to

No. 7405.—The New Kimona Pelisse.
(Suitable for day or evening wear.)
For Description see Pages 31 to 36.
Price of Paper Pattern, 1*s.* 0½*d.*, *post free, of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 7406.—VISITING GOWN WITH THE NEW PLEATED "EEL" SKIRT.

For Description see pages 31 to 36.

Price of Paper Pattern, Skirt, 1s. 0½d.; Foundation Skirt, 6½d.; Bodice, 9½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

dispute with them the edible animals of the chase. In those days man was indeed supreme.

But one by one he threw off his virile duties. He improved his weapons to kill off all ferocious beasts. He found hunting, no doubt (except for pleasures), "too much of a beastly fag," and so he set up tame cattle and butchers to take off his hands the heavier duties of providing the family meals. The sowing and reaping of corn had always been his wife's province, and he used the fruit of *her* labour to pay the butcher. He still fought his foe, however, and protected home and homestead from the enemy. Chiefly because he objected to leave home (when he was beginning to collect valuable property), he left off fighting and hired less wealthy men to do it for him. Without realising it, the male (as compared with the female) had shed his two prime assets. *She* was still doing *her* tasks, spinning and weaving, sowing and reaping, risking her life every time she increased the population. Then the luckless male performed his last feat, cutting the sluices of his predominance, and letting the torrent of ruin sweep him off his feet. He invented machinery, and his last asset his superior muscular strength, was utterly negatived and rendered useless.

Not so very long after this crowning folly woman began to bestir herself. Were not her dowry and earnings seized or taxed to pay hireling soldiers? And if a robber came into the house *she* had a voice; could not she shout for the police as well as her lord? She soon began to see that in all the duties of life her less muscular person was quite as capable of action as her husband's larger frame. She noted how *he* had changed, and *she* began to change—far more quickly, be it said, as it had taken him fully two thousand years to shed his virility.

The invention of machinery has levelled the sexes, and brought the female into the industrial world, where male and female, under fair conditions, are practically quits. Naturally, competition in the world of work has hardened the female just as it mollified the male. She sees that marriage and motherhood weaken her, and force her into passive "femininity." She cannot afford to grow weak, and on the whole she fears that femininity does not pay; so she is avoiding maternity, and begins to look askance at marriage. And men mourn her lost "femininity," and do not see that the loss is the direct corollary of their own vanished "manhood."

Some ominous signs exist that Englishmen have very much retrograded in the last fifty years. Glancing through an account of the "chucking-out" of a woman (who had asked a civil question) from a political meeting—an everyday occurrence—I was surprised to see the following about a companion dissentient: "There was more uproar, and cries of 'turn her out!' *But she appeared to be surrounded by a little knot of friendly men, and the stewards did not approach her.*" J. H.

— —

Women will note with interest that the first female borough councillor for the London District has been elected in Miss R. E. Lawrence, L.L.B. (Hampstead Borough Council), who has done good work as a member of the Distress Committee.

Employment Bureau.

FREE REGISTER.

SPECIAL NOTICE.—The printed notice in the Free Register *must* be cut out and sent for re-insertion each month. Miss Winifred Jones will in future only recommend those workers who keep their notices up-to-date. No worker whose notice has not been sent up two months previously will be recommended. This regulation is now an absolute necessity owing to the great increase in the number of correspondents, and to the fact that there are now over 500 names on the Register.

Letters requiring a reply by post must contain 12 halfpenny or six penny stamps and a stamped envelope. No reply will be sent to any letter not complying with these conditions. Letters to be forwarded must bear the Register number on the left-hand top corner, and be fully stamped. Otherwise they will not be sent on.

Communications, to be attended to in the next number, must reach the office not later than the 25th of the month.

No. 381.—Costumes complete or ladies' materials. Blouses. Highly recommended. Moderate charges. (Tonbridge.)

No. 528.—All kinds of fancy work. Ladies materials worked up cheaply. Bazaar and bride's parcels a speciality. Lovely stock collars.

No. 547.—Lessons in drafting and dresscutting. Guerre and tailor systems. Students prepared for City and Guilds National Union of Teachers' Examinations. Many successes. High qualifications. Terms moderate. (Wandsworth.)

No. 542.—Dressmaker at ladies' houses, or ladies' materials. Good style and fit. Terms moderate.

No. 551.—Fine underwear. Children's frocks and pinafores. Hand or machine work. Moderate charges. (Brentwood.)

No. 567.—Dressmaking. Experienced. Daily or at home. Tailor-made coats and skirts. Evening costumes.

No. 572.—Situation wanted as experienced lady's maid. Excellent references given.

No. 573.—Dressmaking. Shirt blouses, 1s. 6d. Dressy blouses, 3s. Skirts, 4s. 6d. Underclothing. Children's dresses. Moderate terms. From measurements and patterns. (Ireland.)

No. 574.—Dressmaker. Recommended by customers. Coats and skirts. Renovations. Good fit. Ladies' houses or at home. (N.)

No. 575.—Lady help wanted, in quiet, country home. Plain cooking and good needlewoman. Comfortable home. Small salary. (Essex.)

No. 576.—Lady wants a good dressmaker who goes out by the day. (Highgate.)

No. 577.—Dressmaking at home or ladies' houses. Remodelling. Moderate charges. (W.)

No. 578.—Lady wants a good dressmaker for blouses and renovations. Moderate charges. (Kensington.)

ANSWERS TO CORRESPONDENTS.

NOTICE.—I must once again ask my numerous correspondents to read the rules. Notices for re-insertion in the Register must be cut out of the printed Register and sent to me. Copies in ink will not do. Anyone whose notice has not been re-inserted has failed to comply with this rule; hence the omission. Letters requiring a private reply must enclose six pennyworth of stamps *and* a stamped envelope. Delays are constantly occurring because correspondents do not read and obey these simple regulations.

Scientific Dressmaking (S. J.).—I sent you various addresses where you could get instruction, and I hope you have now found what you want.

Dressmaker Wanted (R. R.).—I sent you several names and addresses, one of whom I hope suited. Kindly let me know, as it is a great help to me in recommending to other people.

Dressmaker (Miss L.).—I hope my correspondent gave you the work—to your mutual satisfaction. Many thanks for all your good wishes, which I heartily reciprocate.

Continued on Page 40.

No. 7407.—Charming Lace or Net Tea or Dinner Coat.

For Description see Pages 81 to 86.

Price of Paper Pattern, 1s. 0½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 7409 No. 7410

TWO LOVELY EVENING GOWNS FOR A BRIDAL TROUSSEAU.

For Descriptions see Pages 31 to 36.

Price of Paper Patterns, Empire Gown, 1s. 6½*d.; Skirt, Foundation Skirts, or Bodice, each* 6½*d., post free, of* MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

No. 7411 No. 7412

DESIGNS FOR A BRIDAL GOWN AND WEDDING FROC

For Descri

Price of Paper Patterns, Empire Frocks, each 1*s.* 6½*d.; Long Coat,* 1*s.* 0½*d.; Skirts, Foundation Skirt*

No. 7413 No. 7414 No. 7415 No. 7416

NG FROCKS, SHOWING EXAMPLES OF THE NEW DRAPED EMPIRE STYLES.

For Descriptions see pages 31 to 36.

ndation Skirts, Child's Frock, Bodice, each 6½*d.; Kimona Bolero,* 3½*d., post free of* MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

No. 7417

No. 7418

No. 7419

SMART MID-SEASON MILLINERY.

For Descriptions see Pages 31 to 36.

DESCRIPTIONS OF THE FREE PATTERNS.

[NOTE.—Our Free Patterns, presented with each number, are always cut *stock size* for ladies: Skirts, 40in., front length (except for trottoir, when length is only 38in.); waist measurement (skirts, coats, blouses, &c.), 24in. Children's patterns are cut the recognised stock size for the ages quoted in the description.]

LATEST THREE-GORE SKIRT.

THIS is a beautiful model, with very wide tablier embellished with a simulated double box-pleat down the centre formed by two tucks on each side (wheelmarked on tablier pattern). It looks charming in elephant grey cloth, decorated with small buttons covered with the same cloth. The top fits very neatly, and there is an elegant flow about the feet.

The pattern is in two pieces—one back, half front. The diagram shows the pattern pieces laid on 4 yards 48-52-inch material, which is opened out and is double beneath the back, so that it is cut in duplicate. The single material is doubled in half (selvedges meeting), front of tablier laid along the fold. As the material is not wide enough for complete tablier, an added corner is seamed up the selvedge at *a b*.

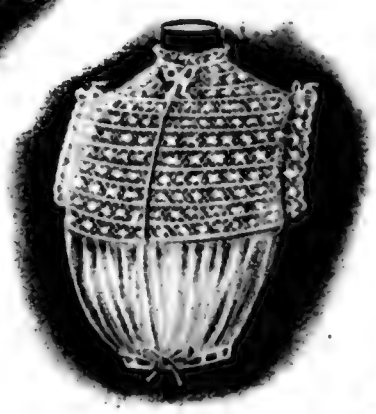
As cloth cannot be reversed, do not fold the double material, but cut it and lay the two breadths face to face, texture coinciding in both. Tack together backs and front, according to the double notches. Arrange the tucks, slitting the material beneath on the left for an opening. Try on. Stitch and press the seams. Finish the opening, when turned over a band of lino, with bands of sarsenet neatly stitched over the lino. Close with Newey's Imperial Spring Hooks and worked loops. Stitch down tucks to below knees. Bind the top and close th hooks and eyes. Put the pocket in this seam.

Turn up the hem. Interline with lino and fell from the back: the French hem.

The hem should be well pressed and shrunk into shape by a very hot iron pressed over a wet woollen cloth (white if possible, so that it may not stain the skirt). Put on the buttons

2.—DAINTY EVENING BLOUSE.

3.—EMBROIDERED COLLAR & CUFFS.



4.—ORIGINAL CACHE-CORSET OR UNDER-SLIP.

1.—LATEST THREE-GORE SKIRT.

OUR FOUR FREE PATTERNS.

For Descriptions see Pages 25 and 26.

in groups. A foundation skirt in five gores could be cut in very soft moirette, very "eel" like in shape, the edge tucked for decoration.

The charming little kimona coat is of the same cloth

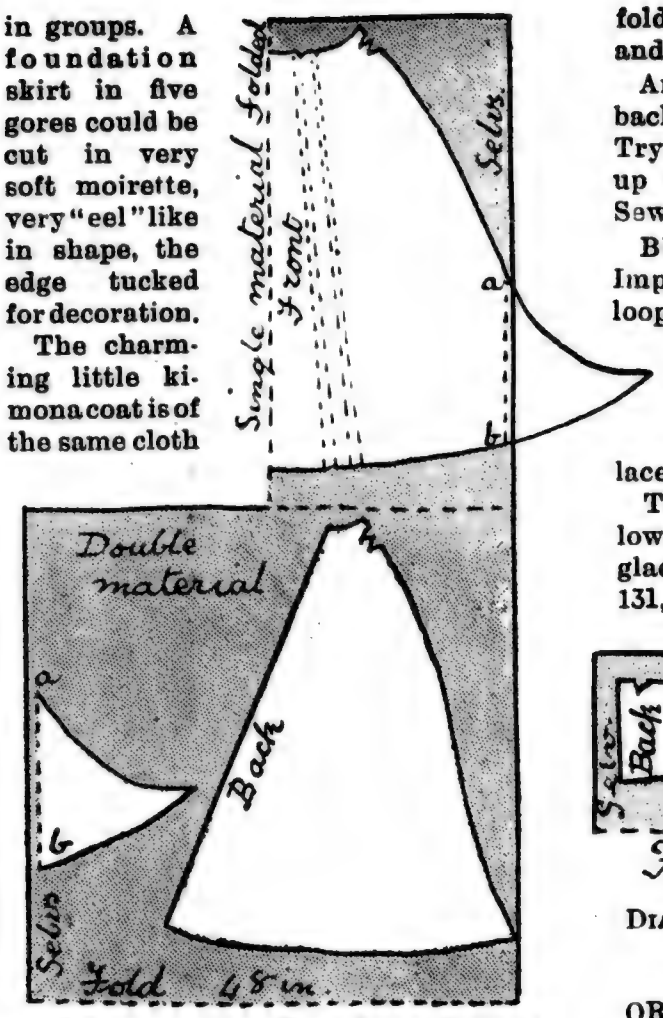


DIAGRAM OF THE FREE SKIRT PATTERN.

—back and front cut with part of sleeve. The seams are beautifully braided. The pattern of this dainty little model costs 6½d. post free, stock size. For the cloth send to T. W. Thompson's, 163 to 168, Tottenham Court Road, W.

DAINTY EVENING BLOUSE.

The pattern of this charming quickly-made model is in three pieces, half the back, one crossed front (both pleated on shoulder, pleats wheel-marked on pattern), one sleeve. This sleeve is the new ruffled transparent model so fashionable now for smart evening and tea gowns.

The diagram shows the pattern pieces (back, front, and sleeve) laid on 2¼ yds. 45-inch white net, which is folded over (selvedges meeting), the centre of back laid along the fold so that back is cut in one piece, front and sleeve being cut in duplicate.

DIAGRAM OF THE FREE BLOUSE PATTERN.

Arrange the two pleats of each front and back. Tack together back and fronts. Try on. The shoulder should be pleated up so that the lace insertion covers it. Sew the seams. Hem the basque.

Blouse closes across with Newey's Imperial Spring Hooks and worked silk loops. Round the neck and down right front is arranged a band of rich-looking lace. The sleeve is seamed and hemmed. The seam is ruffled up on a ribbon eight inches long. A lace flounce forms a graceful wing sleeve.

This blouse should be worn over a low-necked, sleeveless underslip of white glacé. For white net send to Messrs. Peach, 131, The Looms, Nottingham.

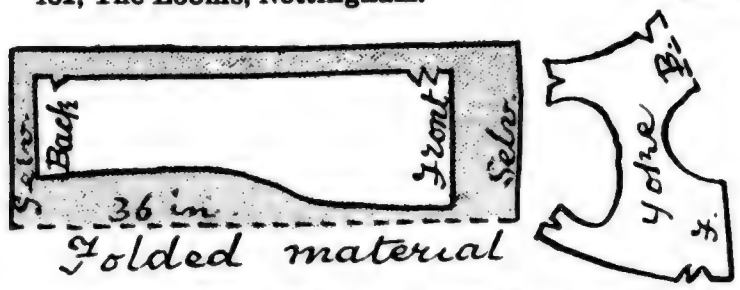


DIAGRAM OF THE FREE CACHE CORSET PATTERN.

ORIGINAL CACHE CORSET OR UNDERSLIP.

This is a capital model for a bridal trousseau. It would serve as an admirable underslip for transparent blouses, and should be in every bridal trousseau.

The pattern is in two pieces—half the lace yoke, half the bodice. On the yoke pattern, cut out complete in stiff paper, make up the yoke out of valenciennes insertion whipped or stitched together, and headed by a band of ribbon-threaded beading and a tiny frill of valenciennes. The armholes are edged with valenciennes, also drawn up with ribbon.

The diagram shows the bodice pattern laid on ¾-yard 36-inch nainsook, which is double, so that the pattern is cut in duplicate. Seam together the selvedges at the back. Whip, according to notches, into the yoke, which is hemmed, and closes invisibly with small buttons and worked loops. Hem the front edges of nainsook. The buttons are sewn down the left front, buttonholes being made in the underfold of right front. The lower edge is whipped into a beading a trifle longer than the waist measurement, the beading being drawn up by a ribbon runner.

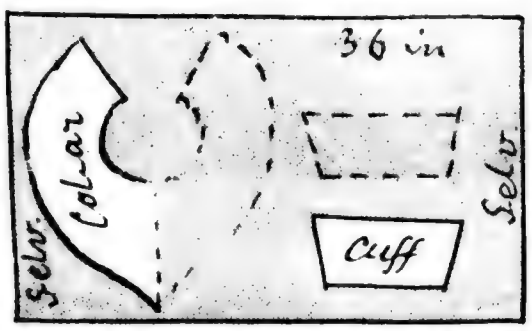


DIAGRAM OF THE FREE EMBROIDERED CUFF AND COLLAR PATTERN.

EMBROIDERED COLLAR AND CUFFS FOR A YOUNG GIRL.

A charming decoration for blouses, the collar and cuffs covering the yoke and cuff band of the blouse. The pattern is in two pieces: half the collar (which closes at back), one cuff. The diagram shows the pattern pieces laid on ¾ yard 36-inch material. Full directions for working the exquisite and quickly worked embroidery will be found on page 16.

HOW TO USE NARROW BANDS OF FUR.

A great many people have by them narrow bands of sable, beaver, astrachan, chinchilla, &c., excellent fur, which in the past edged their coats and mantles.

Such narrow bands of fur are a very smart addition to a velveteen gown. The bands can run straight round the skirt or can be arranged in single or double festoons. One straight band of narrow fur is not enough to look well on a skirt. Our illustration shows a very effective method of using up several yards of fur. The fur edges the neck of the low velveteen bodice, and

Price of Paper Pattern, Skirt or Blouse, each 6½d. post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

passes round the armhole with a smart kimona effect. The two little tails in front are a great improvement. If one had but a yard or two of fur, the blouse only could be trimmed, and the skirt be left plain.

"Your designs in December No. are simply lovely."—A. G.

ROBINSON & CLEAVER, Ltd.
BELFAST.

Manufacturers to His Majesty the King and H.R.H. the Princess of Wales.

Carriage paid on orders of 20s. upwards in the United Kingdom.

Irish Cambric Pocket Handkerchiefs.

Bordered.	Per doz.
Children's	1s. 3d.
Ladies'	2s. 6d.
Gentlemen's	3s. 6d.
Hemstitched.	
Ladies'	2s. 9d.
Gentlemen's	3s. 11d.

Irish Collars, Cuffs & Shirts.

COLLARS.—Gentlemen's 4-fold, from 4s. 11d. per doz.
CUFFS.—For Ladies, 5s. 11d.; Gentlemen's from 6s. 11d. per doz.
MATCHLESS SHIRTS, with 4-fold Fronts and Cuffs; and Bodies of fine Longcloth, 35s. 6d. per half-doz. (to measure 2s. extra). OLD SHIRTS made good as new, with good materials in neckbands, cuffs and fronts, for 14s. the half doz.

Irish Damask Table & House Linen.

Fish Napkins, 2s. 11d. per doz. Dinner Napkins, 5s. 6d. per doz. Table Cloths, 2 yds. sq., 2s. 11d.; 2½ yds. by 3 yds., 5s. 11d. each. Kitchen Table Cloths, 11½d. each. Strong Huckaback Towels, 4s. 11d. per doz. Frilled Linen Pillow Cases, from 1s. 4½d. each. Surplice Linen, 10½d. per yd. Monograms, Initials, &c., woven and embroidered.

Irish Dress Tweeds. Cream and all the fashionable tints in these most Stylish and Durable Materials.

Irish Dress Linens. The largest assortment of these Genuine Goods in the kingdom.

SAMPLES AND PRICE LISTS POST FREE.

Letter-orders and inquiries for Samples of these goods should be sent to

40R, DONEGALL PLACE, BELFAST.

IT IS A SUPREME SATISFACTION to be dressed in LEWIS'S WONDERFUL VELVETEEN

A lady looks her best in this rich material. It adds an infinite grace and dignity to her natural charms, and has a distinctive air of elegance not possessed by any other material, and the great advantage of being most economical in wear. But it must be **LEWIS'S** Velveteen, sold at 2s. a yard, every inch of which is guaranteed equal in appearance and wear to the very finest Silk Velvet. It is supplied in Black and all colours, including the New Greens, New Browns, Royal Blue, Wine Red, Petunia, &c., Fast Pile, Fast Dyed, and unsurpassed for either visiting toilettes or evening wear. We invite ladies to write at once for Patterns (sent Post Free).

at **2/-** a yard.

Lewis's Wonderful Velveteen is supplied direct to the public at 2s. a yard, and is far superior to that sold elsewhere at double the price.

Lewis's will also send Patterns of the most up-to-date Novelties in Dress Materials (post free) on application.

Please mention MYRA'S JOURNAL when writing.

LEWIS'S in Market St., **MANCHESTER.**

DID YOU EVER

have a valuable garment ruined by common hooks and eyes rusting?

Sample card sent free to any lady sending 1d. stamp to Dept. 17, NEWEY BROS., Ltd., BIRMINGHAM.

NEWEY'S CANNOT RUST.

DUST

The Breeder of Disease.

"Dust," declared Dr. R. S. Copeland, of the University of Michigan, before the Homœopathic State Medical Society, "is one of the most prolific spreaders of tuberculosis."

Dr. Copeland's views on this subject are concurred in by the best medical thought of the world, and yet, what a vast number of housewives continue to sweep their carpets and rugs with an old-fashioned broom, the greatest of all dust scatterers, solely on account of the erroneous belief that it is cheaper than a carpet sweeper. No woman believes that it is easier to sweep with an old-fashioned broom than with a carpet sweeper. The

BISSELL

confines all the dust, does the work in one-quarter the time the old-fashioned broom requires, and with 95 per cent. less effort, and, besides, brightens and preserves your carpets and rugs.

INSIST on a "BISSELL"

"I Prize my Bissell Sweeper"

Prices, 10/6 to 18/- Of all Dealers.

Flannelette.

If purchasers of this useful material for underwear all the year round would buy the best English make, which can be obtained from all leading Drapers, they would avoid the risks they undoubtedly run with the inferior qualities of Flannelette.

Horrockses'

Flannelettes

(made by the manufacturers of the celebrated Longcloths, Twills and Sheetings)

are the best.

"HORROCKSES" stamped on selvedge every 5 yards.

Practical Dressmaking for Home Workers.

A KIMONA DRESSING JACKET OF VIYELLA.

THE pattern is in four pieces: half the kimona (one back, one sleeve, one front, cut in one), one side piece, half the collar, one under sleeve. The diagram shows the pattern pieces laid on 3¼ yards 31-in. white Viyella, which is opened out, and is double, so that each piece is cut in duplicate. A material with no distinct 'up and down' must be chosen, as either back or front must be reversed.

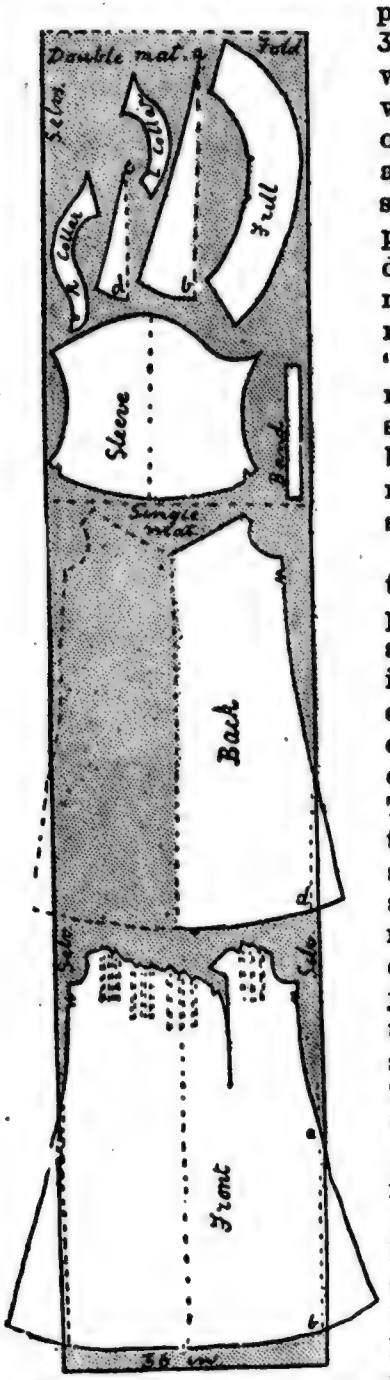


Diagram of Nightdress Pattern.

When cut, tack the side piece to front and back, making single and double notches coincide with each other. Then tack in the under sleeve (triple and double notches coinciding). Then join together the two backs and try on. The fit must be very easy.

The jacket is very quickly made. The hems are stitched, the left front is hemmed. The right front and neck and the sleeve are hemmed with washing galon, and fronts and sleeves can be tipped with tassels. The jacket closes with buttons and worked loops. Strips of the material must face the fronts.

The collar is seamed and is covered with galon It is seamed to the neck, and a bias band of Viyella is felled over the seam.

A CHARMING NIGHT-DRESS OF NAINSOOK.

This is a beautiful model. The pattern is in seven pieces: the complete tucked front (tucks wheel-marked—slit on the left for an opening), half the back, the double-breasted right yoke-collar, the single-breasted left yoke-collar, one sleeve, one sleeve frill, one sleeve band. The diagram shows the pattern pieces laid on 6¼ yards nainsook For patterns send to Mr. Christopher Williamson's (Dept. 10), 91, Edgware Road, W. Front and back are laid on the opened-out single material, on which is marked out the lacking half of the back. On the doubled material is placed the sleeve, the two yoke pieces and the sleeve frill, so that each is cut in duplicate. The duplicates of the yoke serve for a lining. On the double material is also marked out the added corners required to eke out the width for complete

No. 7420.—Charming Nightdress of Nainsook.

For Description see this Page.

Price of Paper Pattern, 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

back and front of gown. The yoke and sleeve band are cut in slots, worked round in button-hole stitch, through which a pale blue ribbon is passed, the ends tying in a bow. The sleeve frill should be seamed and hemstitched (holes for hemstitching made with a big needle).

Make the tucks of front. Seam on the added corners of back and front at *a b*, *c d*. Seam together back and front. Protect the opening with feather-stitched bands after gathering the gown into the seamed, worked, and lined yoke. Hem the lower edge. If liked, this can be tucked to make it more dressy.

Gather the sleeve into the lined and worked band which also holds the frill. Gather the sleeve into the armhole and fell a strip of nainsook over the seam

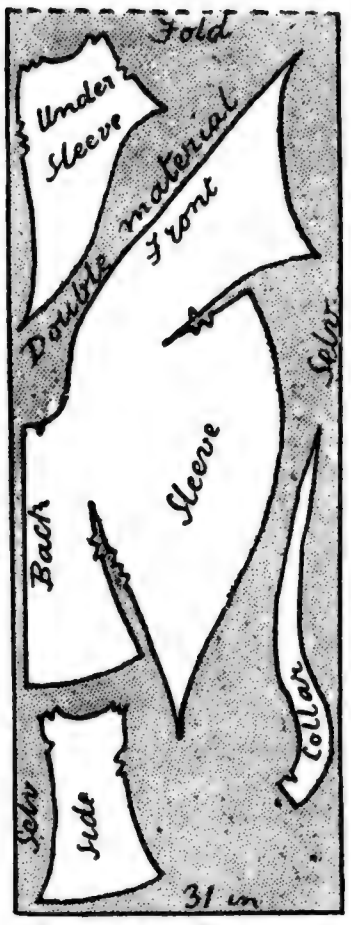


Diagram of Dressing-Jacket Pattern.

to strengthen the gown where the sleeve is inserted.

Both these garments are admirable models for a bridal outfit. If preferred, both could be carried out in white cashmere, the dressing jacket trimmed with embroidered bands or woollen torchon lace.

Washing silk can be used for both garments. No. 7421 would look well decorated with wide torchon lace insertion threaded with baby ribbon up each edge. The same decoration could deck No. 7420.

No. 7421.—Kimona Dressing-Jacket.

For Description see this Page.

Price of Paper Pattern, 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

MYRA'S PAPER PATTERNS.

Madame Myra, 10 and 11, Fetter Lane, E.C., will cut to measure the pattern of any dress or mantle illustration sent to her for 1s. 6½d. (plain skirt or bodice, or short coat). Pleated or tucked styles cost according to complications.

"I have taught myself dressmaking from your very valuable paper."—A. R. W.

'Sleep in Peace and Wake in Joy.'—SCOTT.

Many people do not realise that Insomnia is sometimes caused by a deranged condition of the Stomach. But it is so. A dose (or two, if necessary) of

ENO'S 'FRUIT SALT'

will bring relief, and often give to frail and weary man that sweet oblivion so nourishing to the brain, so preventive of nervous disorders.

'O gentle sleep, Nature's soft nurse, how have I frighted thee, that thou no more wilt weigh my eyelids down and steep my senses in forgetfulness.'—SHAKESPEARE.

'And such is human life, so gliding on, it glimmers like a meteor, and is gone.'

CAUTION.—Examine the capsule, and see that it is marked ENO'S 'FRUIT SALT.' Without it you have the sincerest form of flattery—IMITATION.

Prepared only by J. C. ENO, Limited, 'FRUIT SALT' WORKS, LONDON, S.E.,
By J. C. Eno's Patent.

THE HOLBORN SILK MARKET,

HOLBORN BARS, E.C.

BLACK SILKS AT SPECIAL SALE PRICES.

PATTERNS, POST FREE, BY RETURN.

Black Broche Silks and Satins. We have a grand show of these goods; a very great variety of designs and thousands of yards to choose from. All silk goods on Sale, 20-inch **1/4½**, **1/7½**, and **1/9½**; 21-inch **2/3**, **2/6½**, and **2/9½**; 22-inch **2/11½**, **3/6½**, **3/11½**, **4/6½** and **4/11½**; all quite 30 per cent. below present value,

Rich Black Bengaline Silk, heavy cord, for mantles, 31-inch 4/6½, in place of 6/6.

Rich Peau de Soie Mantle Silks, 32-inch wide, special Sale lines 4/11½ and **5/11½**, worth 7/6 and 8/6.

Black Japanese Silks, 27-inch wide, good value, 1/4½, 1/7½, 1/11½, and **2/6½**.

Black Louisine Silks, Sale lines, 19-inch 1/2½, 1/4½, and **1/7½**; 20-inch **1/11½, 2/3, 2/6½, 2/11½**.

Black Surah Silks, special lines on sale, 20-inch 1/4¾, 1/7½, 1/11½, and **2/3**; 21-inch **2/6½**; 22-inch **2/11½**.

Black Esperanto Silks, new make, 19-inch 2/6½, 20-inch 2/11½ and **3/6½**, 21-inch **3/11½** and **4/6½**.

Black Glace Silks, bright finish, good Sale lines, 23-inch 1/7½, 2/3, 2/6½, and **2/11½**; 21-inch, a good line, **1/9½**; 22-inch **1/11½**.

Black Oriental Silk Satins, 20-inch 1/4½; 21-inch 1/7½, 1/11½, 2/6½, and **2/11½**; 45-inch, a special line, **3/11½**; 45-inch with Cashmere Wool back **5/6**.

Black Chiffon Taffeta Silks; these very fashionable and good wearing silks. We have the following special Sale lines in single and double widths, 19-inch **1/11½**; 20-inch **2/3½** and **2/6½**; 22-inch **2/11½** and **3/6½**; 40-inch **3/11½, 4/6½, 4/11½, 5/6½,** and **5/11**; 44-inch **6/11** and **7/11**.

Black Messaline Silks, Sale lines, 19-inch 1/11½ and 2/3; 20-inch 2/6½ and **2/11½**; 21-inch **3/6½**.

Black Satin Merve, all Silk goods, bright finish, Special, 19-inch 1/7½ and **1/11½**; 20-inch **2/3½** and **2/6½**; 21-inch **2/9½** and **3/6½**; 22-inch **3/11½** and **4/6½**; 23-inch **4/11½**.

Black Tryme Soie Silks, excellent for wear. Sale prices. 20-inch 2/6½ and **2/11½**; 22-inch **3/6½, 3/11½, 4/6½,** and **4/11½**; 23-inch **5/11**.

Black Peau de Soie Silks, special lines, 20-inch 1/11½, 2/6½ and **2/11½**; 21-inch **3/6½** and **3/11½**; 22-inch **4/11½**; 23-inch **6/11**,

Black Gros Grain Silks, 21-inch 1/11½, 2/6½ and 2/11½; 22-inch 3/6½, 23-inch **3/11½**; 25-inch **4/6½**, worth 6/3.

Black Satins, wonderful value, 24-inch 1/0¾, 2/6½, and **2/11½**; 23-inch **1/4½, 1/7½,** and **1/11½**.

Black Crepe de Chine Silks, best makes, splendid value, 20-inch 1/4½; 40-inch **2/11½**; 44-inch **3/11½, 4/6½, 4/11½,** and **5/11**.

Black Frou Frou Foundations, 27-inch 1/4½,

Black Silk Duchesse Lyons Satins, very special purchase, 24-inch 2/11½, 3/6½, 3/11½, and **4/6½**; 25-inch **4/11½** and **5/11**; 26-inch **6/11**.

Black Moire Francaise Silks, 22-inch 3/6½ and 3/11½; and Watered Moirettes 23-inch **1/0¾, 1/4½,** and **1/7½**; 24-inch **1/11½**,

Black Faille Francaise Silks, all Silk goods, Sale lines, 20-inch 2/6½; 21-inch **2/11½, 3/6½**; 22-inch **3/11½, 4/6½,** and **4/11½**.

Black Bengaline Silks, 21-inch 1/11½, 2/6½, and **2/11½**; **22-inch 3/11½**; 23-inch **4/11½**.

A Large Accumulation of Remnants in useful lengths on Sale at quite Half their usual Prices, much below actual cost.

PATTERNS POST FREE.

SAMUEL LEWIS & CO., 5, 6, 7, 8, 9, 10 & 11. HOLBORN BARS. E.C.

COOKERY & HOUSEHOLD MANAGEMENT.

THE ART OF MAKING BOILED OR STEAMED PUDDINGS.

PLAIN boiled or steamed puddings are liked in many houses where their appearance is less frequent than it might be, because they are too often badly cooked and badly turned out, presenting either a sodden, heavy, unappetising mass, or a watery compound which refuses to set, or to keep its shape more than a moment or two. Nothing is easier to accomplish than to turn out really excellent puddings if a few plain and simple rules be mastered and observed.

Puddings are boiled either in a cloth or a mould or basin. When a cloth is used it must be dipped in boiling water, and then squeezed dry before the pudding mixture is put in, and the easiest way to do the latter is to place the cloth over a basin, to dredge it well with flour, and then to pour in the mixture. If there is much bread in it, the cloth must be very loosely tied up, to allow for swelling, but a batter-pudding should be tied up very tightly. Old-fashioned cooks always used fine linen for pudding-cloths, but to-day quite cheap calico or unbleached cotton serves as well, providing it be kept for no other purpose than its proper one, and that its cleanliness be beyond reproach.

Every time a pudding cloth is used it should be washed at once, and dried in the open air, after very thorough rinsing. The cooks of old times cleansed pudding-cloths with wood-ashes. To-day we use soda, but never use soap, but we rinse the more carefully, and we do not forget that before putting the cloth away it has been made as dry as a bone. When possible, it is always nicer to have pudding-cloths hanging where air reaches them, than put away in a drawer or box, which encourages a certain mustiness not easily to be banished once it has set in.

Two other things must be remembered about pudding-cloths: 1st, That when a boiled pudding is sufficiently cooked, the cloth will wrinkle; 2nd, That in order to remove the cloth easily, the pudding should be dipped in cold water as soon as it is done. This will chill the outside, and the cloth will come off without the slightest difficulty. When moulds or basins are used they should be well greased before the pudding is poured in. They must be filled quite full, then covered with a greased paper, and tied up in a cloth, carefully arranging that the corners of the cloth are gathered up on to the top of the mould, and not allowed to drop into the water, to the detriment of the pudding.

A plate should be put at the bottom of the saucepan to prevent puddings boiled in a cloth from sticking. It is not needed when steaming puddings.

All puddings should be boiled in plenty of water, and the water must boil the whole time. Inattention to this matter is a fruitful source of badly cooked puddings. It is almost unnecessary to say that as the water boils away more must be added, and that this must be boiling, and not cold; but so many cooks forget, and allow the water to boil down too far, and then arrest boiling by adding cold water, that it is better to repeat an oft-told tale rather than leave the ignorant to their ignorance.

All ingredients should be the best of their kind, and in perfect condition. Better a simple pudding than one spoiled by a stale egg, musty flour, rancid suet, sour bread or milk, bad butter, or any other inferiority. Quite fresh eggs (or if preserved eggs those which have been carefully tested, one by one, in a cup, before using them), whole milk (new if possible), good and sweet suet, etc., should always be used. Eggs should be used with discretion, and if of very small size more are needed than when they are large. When extreme lightness is desired it is best to beat yolks and whites separately, and when they are used whole they should be strained after beating.

In all puddings containing suet a little salt should be added; it saves sugar, and improves the flavour. Sugar should be used sparingly, as excess of it tends to prevent puddings turning out well, so also does excess of either butter or suet, which, as well as sugar, becomes liquid in boiling.

With regard to preparing the ingredients, fruit, such as raisins, etc., must be washed, dried, stoned and minced. Currants should be picked over, then plunged into hot water, rubbed well in a floured cloth, picked over again, and dried before the fire on a clean dish or inverted sieve.

Almonds require blanching, i.e., plunging into boiling water till the outer skin puffs up and may be removed, and slicing or chopping, according as the recipe directs. In mixing grated bread or pounded biscuits with milk, pour the milk on them hot, and cover the vessel for an hour. This will be found more effectual than boiling.

Suet should be freed from fibre, and very finely chopped, mutton suet being lighter than beef, and marrow, when obtainable, is both lighter and richer than either.

Steamed puddings require half to three-quarters of an hour longer to cook than if boiled, and the basin or mould must only be filled two-thirds with the mixture.

SOME RECIPES.

Suet Pudding.—Four ounces chopped suet, 4 ounces flour, sifted and dried, 4 ounces finely sifted breadcrumbs, a pinch of salt, a teaspoonful of baking powder; mixed to a paste with 1½ gills of cold water; boil for 3 hours (or steam 3¾ hours) in a well-floured cloth.

Indian Meal Pudding.—Eight ounces of Indian meal, 1 quart of milk, 4 ounces of sugar or treacle, and 4 eggs, and 1 ounce of butter; mix the milk, which must be boiling, with the meal; add the sugar or treacle, and the butter, and mix till all is well incorporated; when nearly cold, add the eggs, well beaten and strained, put into a buttered mould, and boil 3 hours (or steam 3½ hours).

Oatmeal Pudding.—Six ounces of oatmeal, 1 pint of milk, 1 egg; pour the milk, boiling, on to the oatmeal, cover it, and let it stand 12 hours; then add the egg, well beaten, and a little salt; and pour the mixture into a mould or basin, which will just hold it; tie a floured cloth tightly over, and boil 1½ hours; serve with cold butter and salt. This is an old-fashioned Scotch pudding, which is very nourishing, and to many palates very delicious.

Fig Pudding.—Eight figs, 6 tablespoonfuls chopped suet, and the same quantity of breadcrumbs, 2 tablespoonfuls of sugar, a teaspoonful of baking-powder, 1 egg, a little milk, and a tablespoonful of flour; chop the figs, mix them with the other ingredients, and boil in a mould for 3 hours

ANSWERS TO CORRESPONDENTS.

Laundry Hint (Disinfecting Clothing).—With regard to disinfecting clothing used in a sick room, you know, of course, that the Sanitary Authorities are very severe in their rules and regulations regarding infectious sickness, and your doctor will have given you the necessary directions. It will, however, be wise, after the ordinary disinfecting is done, to have the sheets, &c., steeped in carbolic and water (one part carbolic, forty parts water), and then boiled in the usual way. They can then be used without fear, and certainly need not be burned. Remember that the carbolic is poison, and keep it carefully out of the reach of children. When you have an epidemic of colds in the nursery have all handkerchiefs steeped in Sanitas and water (one tablespoonful to a gallon of water) before washing. There is another disinfectant, Izal, which is used freely (half a pint to twelve gallons of water), and this is said to be perfectly harmless to any fabric, and also non-poisonous. It is quite reliable as a disinfectant.—"Morna."

Gas Stove.—As you did not tell me the maker of your gas stove, I fear I cannot help you very much. This, however, I can tell you, that you are using an absolutely impossible amount of gas. Do you turn the burners down low directly you have got the oven and the browning shelf very hot with the gas full on? Then, do you keep the stove scrupulously clean? You must wash the oven out with hot water and soda whenever any gravy or grease has been spilled. Then, when you bake bread, do you reduce the gas every ten minutes? You should do this, or the bread will be burnt: and if you turn the gas out for the last ten or fifteen minutes the bread will have time to soak. Burning underneath bread and cakes is entirely due to having the gas too full on. I will be glad to help you further if you tell me more definitely where your difficulties lie.—"Puzzled."

Russian Toffee.—This is quite simple to make. Dissolve ¼lb of loaf sugar in ¼ a pint of cream in a saucepan standing in a pan of boiling water on the fire. When it boils add half a teaspoonful of vanilla essence, and stir till the mixture begins to leave the sides of the saucepan clean. Then pour into buttered tins, and when cold cut into squares. Let me hear how you succeed.—"Sweet Tooth."

To Polish Marble.—The best way to polish your neglected marble mantelpiece is to spread all over it a paste with whitening and water, and leave it some hours till it is quite dry. Then rub it off with a soft cloth, and polish with a clean, soft cloth. If you mean some serious defect in the marble, I fear you will have to see a marble polisher about it, but meantime try this simple plan.—"Lex."

"I find "Myra's a very useful journal, also very elegant."—S. B.

Descriptions of Our Illustrations.

Evening Gown of White Marquisette or Æolienne.

No. 7373, **Page 3.** Beautiful model for any of the silky transparent evening fabrics. Five-gore foundation skirt of white satin, edged with a pleated frill, over which hangs the skirt of the fine, soft, silk-and-wool æolienne, cut in seven gores, very full, decorated with a wide lace embroidered in silver thread. A fitted satin bodice lining is cut with three piece front, to close on left. Tack, fit, and seam the lining, leaving only the side seams. Veil with full back, vest and two fronts of æolienne. Berthe bands of lace (lace of back is narrow). Into the armhole of the lining is arranged the very new sleeve of the æolienne, transparent, ruffled up the seam on a ribbon. Two-piece kimona fichu of the æolienne, decorated with bands of narrow lace. Exquisite model. Draped velvet belt, supported on Featherbone. 44-inch satin, 6 yards. 44-46-inch æolienne, 8 yards. For the æolienne send to Messrs. T. W. Thompson's, 163 to 168, Tottenham Court Road, W.

Smart Afternoon Blouse.

No. 7375, **Page 8.** Good model for silky, transparent materials (for patterns send to T. W. Thompson, 163 to 168, Tottenham Court Road, W.). A finely-tucked front and two backs (tucks wheelmarked on pattern) are arranged into a three-piece yoke made up to pattern with doubled strips of the material and lace insertion. Band collar made in the same way. Full sleeve finished with a lower sleeve made up to pattern with insertion and silk. 44-inch material, 2 yards.

Smart Travelling Coat of Pirle-Finished Coating.

No. 7376, **Page 9.** An attractive version of the "Gibson" coat. A Pirle-finished material should be used, as this long, handsome coat makes a superb rain wrap. The two-piece added basque on each side forms two pleats at back and two pleats in front, this basque joining full length back centre and front centres in the pleats. The added sides of back and fronts are tucked (tucks wheelmarked). Model is lined to hip, and sleeve is lined. Added front centres (double-breasted) are faced with the material. Close with metal buttons, or bone buttons covered with coating. Two-piece coat sleeve with cuff, faced with velvet. Wide collar faced with velvet. 52-inch Pirle-finished coating, 6 yards.

Braided Redingote for a Bridal Trousseau.

No. 7377, **Page 10.** Seven-gore "eel" skirt of cloth, fitted above, fluted below the knees. Wear over a five-gore foundation skirt, the edge tucked to flat pattern. Close in left tablier seam. Invisible French hem which is lined with lino. Smart new redingote—one back, two single-breasted fronts, six sides. The fronts are faced with the cloth. Front centres and back are beautifully braided—wide and narrow silk braid. Coat closes with flat buttons and button-holes made in front facing. The back seams develop into pleats. Front and back seams are lapped. Braid trims the turn-over collar and cuffs in the same style as front braiding. Line coat with glacé, cut on coat pattern, but seamed apart, the edges slipstitched to coat edges and front facings. The one-piece sleeve, mounted on a similar lining, is arranged into the deep cuff. 52-inch cloth, 9 yards.

Long Skirt and Braided Pelerine.

No. 7378, **Page 10.** Excellent model for the new fine cloths (send to T. W. Thompson, 163 to 168, Tottenham Court Road, for patterns). The skirt, in five gores, is just eased at the waist, and is worn over a separate clinging foundation skirt. Lovely pélérine of the same cloth, cut in one piece. The back is secured to the draped belt (supported on Featherbone), drawn in and finished with little tabs. Line with silk. The pélérine is very prettily braided. Can be worn with light or warm blouse according to the weather. 52-inch cloth, 6 yards.

Cloth Skirt and Velvet Kimona Bolero.

No. 7379, **Page 10.** A lovely model for a bridal trousseau. Eel skirt, in seven gores, braided at the edge, of elephant grey cloth. The beautiful bolero is of black Velours du Nord—a back and two fronts, each cut with half the wing sleeve. The garment is beautifully braided, the braiding hiding the shoulder seams. Face fronts and collar with white moire, interlined with fine canvas. The velvet is herringboned down all round over a doubled band of lino. Line with white satin. 52-inch cloth, 4½ yards; 42-inch Velours du Nord, 2 yards.

A Lovely Theatre or Home Dinner Blouse.

No. 7380, **Page 11.** This very dainty blouse can be cheaply carried out in white silk muslin, soft broad white satin ribbon, and Irish crochet lace. (For patterns of muslin and ribbon, white, or in the newest colours send to Messrs. T. W. Thompson and Co., 163 to 168, Tottenham Court Road, W.). The pattern is in four pieces: one back, half the front, half the one-piece yoke, one sleeve. Lay the pieces on 2⅞ yards of 44-inch muslin which is opened out and is double beneath the sleeve pattern, so that it is cut in duplicate. The single material is folded over (selvedges meeting), the centres of front and front yoke laid along the fold so that each is cut in one piece, the back being cut in duplicate. The yoke looks well in insertion, made up in rows to flat pattern. (Cut out complete yoke in stiff paper and join the lace upon it.) A straight or curved collar band is also made up of rows of lace. This should be stiffened with fine white-cased Featherbone (for samples send to Weeks and Co., Department M.J., 5, Wells Street, Oxford Street, W.). Tack together

EXHAUSTION AFTER SICKNESS.

If we have disregarded Nature's edicts in the very mainspring of our being, namely, nutrition and invigoration, it naturally follows that our constitution cannot be up to standard strength. If sickness should suddenly come on, our stamina is hardly strong enough for the strain, and unless we begin at once to supplement our nutrition, the avenging blow of collapse will most assuredly follow. Nature at last claims her dues, and it is we who have to pay them with pain and penalty, sometimes even with life itself. The only way is to compensate Nature for loss of strength at once. The proper method of resuscitation is to administer the famous Nerve Tonic "Wincarnis" in small but oft-repeated doses. The exhausted patient will drink it with all the eagerness imaginable, and every glass will refresh, soothe, comfort, and sustain the system, until gradually the heart gets stronger. Women ought to take "Wincarnis" daily whenever run down in health.

TRIAL BOTTLE GRATIS.

Send three penny stamps (to pay cost of carriage) with this coupon to Coleman & Co., Ltd., Wincarnis Works, Norwich.

SIGN THIS COUPON

NAME.....

ADDRESS.....

.....

MYRA'S JOURNAL, Feb. 1908.

AFTER FREE TRIAL you can buy "Wincarnis" at any Wine Merchants, but only at Chemists and Grocers holding wine licences.

NURSE FRENCH, of Eastbourne, says:—"'Wincarnis' certainly pulled me together when I was very shaken and low after a trying case of nerves."

"WINCARNIS."

RECOMMENDED BY OVER 8,000 DOCTORS.

TRIAL BOTTLE FREE.—COLEMAN & CO., LTD., WINCARNIS WORKS, NORWICH.

backs and front. Gather into the lace yoke according to the notches, and try on. Hem the basque. Hem the back edges and close with a few of Newey's Imperial Spring Hooks (very small) and worked loops. A feature is the lovely drapery of broad soft white satin ribbon, arranged about the edge of the yoke and over the wing sleeve The belt is of the white ribbon, supported on bones. The sleeve is a very beautiful one, plain or cut with Valenciennes (cut away the muslin beneath the lace), gathered into the shoulder. A frill of deep lace, arranged beneath the sleeve to support it, will add to its beauty.

No. 7422.—A Useful Tailor Costume.

For Description see Pages 31 *to* 36.

Price of Paper Patterns, Skirt, 1s. 0½d.; *Foundation Skirt, or Coat, each* 6½d., *post free, of* Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

An Exquisite Evening Blouse.

No. 7381, **Page 11.** To wear with a long "eel" skirt of shrimp pink satin or pastel cloth. Cut a fitted pink satin bodice lining with three-piece front, to close on left of centre panel. Veil backs and front with rich cream guipure. Tack, fit, seam, leaving only side and shoulder seams. Drape with fronts and two crossed backs of pink silk gauze. Belt of pink mirror velvet arranged on the blouse. Sleeve is a sort of kimona formed by gauze draperies on a satin lining, joined beneath kimona straps of guipure. Double-width gauze, 2 yards; 44-inch satin, 1½ yards; 18-inch lace, 3½ yards. For lovely transparent materials send to Thompson's, 163 to 168, Tottenham Court Road, W. Detachable lace sleeve.

A Novel Embroidered Kimona Blouse.

No. 7382, **Page 11.** Of pastel cloth, to match an eel skirt. The same shrimp pink eel skirt as is used for No. 7381. This will ensure an afternoon and evening dress with only one skirt and two bodices. The cloth is cut in two backs and one front, each piece cut with half a sleeve. The sleeve is gathered into a cuff of pink velvet. Belt of the velvet, supported on Featherbone. This kimona is mounted on a fitted satin or silk lining, which has the top veiled with a three-piece lace yoke with band collar. The silk lining ends in a tight lace sleeve, on which the kimona sleeve hangs free. The blouse is embroidered with the pink velvet. The velvet is tacked beneath the cloth, which is outlined with couching thread, the cloth being then cut away. 48-inch cloth, 2 yards. Full size transfer for the pierced embroidery, price 4½d., post free, can be had from Madame Myra, 10 and 11, Fetter Lane, E.C.

A Chequered Silk Blouse.

No. 7383, **Page 11.** A pleated back and two pleated fronts (pleats wheelmarked on pattern), right front cut with a tab which closes over on the left. Cut silk on cross, and join material up the selvedges (stripes meeting) where not wide enough. Arrange into an added basque. Close with velvet buttons and buttonholes. Pipe neck and front with velvet. Belt of draped velvet. One piece sleeve arranged into a velvet-piped tabbed cuff. Very smart model. Detachable chemisette (with band collar) of lace. For the silk send to the Holborn Silk Market, Holborn Bars, E.C. 22-inch silk, 5 yards.

Lovely Kimona Blouse.

No. 7384, **Page 11.** Four-piece Kimona blouse, to match a skirt, seamed on shoulders, draped in front, and arranged into a fitted basque. Good model for bengaline silk, or pastel cloth. Line with silk the sleeve, edge of fronts and back neck, to support the embroidery. Draped belt of satin to match, supported on bones. Wear over any suitable blouse. 52-inch cloth, 1¼ yards. Can be cut out of skirt waste. Under-blouse illustrated is of silk ninon and lace. The pattern is in six pieces: one full back, half the full front, half the front yoke, one back yoke, half the band collar, one long ruffled transparent sleeve. Lay the pieces on 2 yards of 44-inch material, which is double beneath the ruffled sleeve and back patterns, so that each is cut in duplicate. The single material is folded over (selvedges meeting), the centre of front laid along the fold so that it is cut in one piece. For narrow materials seams must be made up the selvedges (design, if any, made to meet) to eke out the width. The band collar should be stiffened with fine, white-cased Featherbone. (Send to Weeks and Co., Department M.J., 5, Wells Street, Oxford Street, W.) Tack together backs and fronts. Gather the top into the lace yoke according to the notches, and try on. Hem the basque. Hem the back edges, and close with a few Newey's Imperial Spring Hooks (very small) and worked loops. The sleeve is a very beautiful one, ruffled up the seam on a ribbon. A wide flounce of lace forms an epaulet.

Worth Knowing.—Dr. Walcott, M.D., writes: "For irritation of the scalp, removal of scurf, and loss of hair I have used Hopgood's Nutritive and Sedative Hair Cream with unfailing success." Dr. Salter, M.D.: "I have witnessed its effects in restoring the hair to an extent truly surprising." Fifty years' success. Bottles 1s. 6d., 2s. 6d., and 3s. 6d., of all Chemists and Perfumers. Wholesale Agency, 51, Frith Street, London, W.

Morning Blouse of White Viyella.

No. 7385, **Page 11.** Smart model. A pleated back and two pleated fronts, pleats turning right and left to simulate box-pleats, separated by bands of woollen torchon or Yak lace which end in mitres over the shoulder. Pleats are wheelmarked on pattern. Close with small pearl buttons, buttonholes made in an underfold of front pleat. Added basque. Shirt sleeve with cuff of the lace. Collar band of lace. 31-inch Viyella. 3¾ yards.

Cycling Knickerbockers.

No. 7386, **Page 12.** Pattern in four pieces: half the knickers (cut with back flap), half the shaped band, one knee band, half the flap band. The shaped band should be lined. It buttons at the back and has the upper ends supplied with runners of tape. It holds the buttons for the buttonholes made in the lined shaped band into which the flap is gathered. Slit and hem the legs for an opening, and gather into the lined knee band which closes with button and buttonhole. 42-52-inch tweed, 2½ yards. Small buttons are sewn inside shaped band to hold the removable linings.

Knickerbocker Lining of Horrockses' Flannelette.

No. 7387, **Page 12.** These are shaped on the principle of No. 7386, but there is no shaped waist band, and the knee band is looser and seamed (to pass over the foot). The top has straight band supplied all round with buttonholes. 36-inch flannelette. 3 yards.

A Braided Kimona Dressing Gown.

No. 7388, **Page 12.** For this model a double width material is required to avoid unsightly seams across the sleeves. It makes up very well in cashmere. The pattern is in three pieces: half the kimona (one back, one sleeve, one front, cut in one), one side piece, one lower sleeve. Lay the pattern pieces on 7¾ yards 46-inch cashmere, which is opened out, and is double, so that each piece is cut in duplicate. The lower edge is hemmed invisibly from the back (the French hem). A material with no distinct "up and down" must be chosen, as either back or front must be reversed. Cashmeres of not too silky a type can be reversed, and so can some cloths. When cut, tack the side piece to front and back, making single and double notches coincide with each other. Then tack in the under sleeve (triple and quadruple notches coinciding). Then join together the two backs and try on. The fit must be very easy. The gown, so far, is very quickly made. But now comes the fine braiding of neck, sleeve corners and edges, which adds to the smartness of the gown. The braided parts should be lined with silk. The hems are felled. The gown closes with buttons and worked loops. Strips of the material or silk must face the fronts. Many ladies prefer the gown lined throughout. If the lining is silk, front strips of the gown material can be dispensed with, an interlining of muslin supporting the braid and the buttons, hidden by the silk lining.

Chemise of Nainsook and Torchon.

No. 7389, **Page 13.** To match Nos. 7392 and 7393. A back and front, front arranged into a yoke made up to pattern with lace insertion. A row of insertion and lace edging trims the neck all round, drawn up with a ribbon. Lace edging finishes the armhole. 36-inch nainsook, 3½ yards.

A Tea-Gown in Pastel Cloth.

No. 7390, **Page 13.** Full five-gore skirt, unlined, arranged into a band, which holds the two-piece kimona. The band is covered with a sash of silk to match, knotted and drawn through rings. Gown closes on left. The kimona is tucked to flat pattern at sleeve and neck. A band of lace insertion is laid under the open fronts and backs, sewn together at back to make a complete panel. Fronts close with hooks and worked loops. A flounce of lace for a sleeve is arranged and is sewn beneath the first tuck of the kimona sleeve. Charming model. 52-inch cloth, 7 yards.

"Myra's Journal is increasingly useful and interesting."—J. T.

New "Eel" Petticoat.

No. 7391, **Page 13.** This should be of very soft, thin material, and has a divided skirt,—a sort of loose knickers—so that the clinging effect of the new long soft skirts is not spoiled. No other petticoat is worn. This divided skirt is mounted on a close-fitted top (to below hip) of white glacé. The garment buttons down the front. Nainsook is a good material for the divided skirt (for nainsooks send to Christopher Williamson's, Department 10, 91, Edgware Road. W.) The divided skirt is eased beneath ribbon-threaded beading into the glacé princess top. It is edged with a deep flounce of embroidered nainsook, mounted at a band of ribbon-threaded beading. The glacé top, headed with a band of ribbon-threaded beading, is mounted on a two-piece kimona yoke—back and front (closing on shoulder) made up to pattern with embroidery insertion. New and most smart model. 36-inch plain nainsook required, 4 yards. 22-inch glacé, 3 yards.

Cache Corset of Nainsook and Torchon Lace.

No. 7392, **Page 13.** A back and two fronts (shaped with darts), ending at waist with a stitched strap holding a ribbon runner. Front yoke made up to pattern with rows of lace. Added box pleat holds the buttonholes. Torchon edging finishes neck and armholes. 36-inch Nainsook, 1 yard.

Nightdress of Nainsook and Torchon Lace.

No. 7393, **Page 13.** To match Nos. 7389 and 7392. A back and front, eked out with added corners (seamed up the selvedges), the back gathered into a lined yoke; the yoke front is made up to the flat pattern with torchon insertion. The front is slit at the side for an opening, the edges protected by stitched bands, the right front holding the buttonholes. Yoke closes on right shoulder with buttons and worked loops. Torchon edging finishes the neck, which is drawn up with a narrow ribbon. One-piece open sleeve, finished with a frill which is decorated with lace. 36-inch nainsook, 7 yards.

Embroidered Empire Night-dress.

Nos. 7394 and 7394a. **Page 13.** This charming and comfortable gown is very smart, very becoming, very easily made. For the autumn and winter it could be made in the white cashmere which is being so much used for the smart underwear of bridal trousseaux. For the spring it is charming in nun's veiling or fine Indian longcloth (for patterns send to Christopher Williamson (Dept. 10), 91, Edgware Road, W. The pattern is in six pieces—half the one-piece Empire bodice or yoke, half the collar, one sleeve, one sleeve frill, half the skirt back, half the skirt front. Lay the pattern pieces on 6½ yards 46-inch material, which is opened out and is double beneath sleeve and frill pattern, so that each is cut in duplicate. The single material is folded over, the back centres of collar and yoke pattern laid along the fold, so that each is cut in duplicate. The skirt is in two pieces, the front breadth slit for an opening. The material, if not wide enough, must have added corners seamed up the selvedges. Slit the skirt front some 6 inches for an opening. Seam together (run-and-fell seams) back and front of skirt. Hem the lower edge. The lower edge can be tucked for ornament, allowing 1½ inches extra material for each tuck. Cut a band—quite straight—of the material, 40 inches long and 1½ inches broad (allow extra for turnings). Cut and work slots in it for a ribbon. Into its lower edge gather the skirt. Into its upper edge gather the one-piece Empire bodice. Line the band, felling and stitching it down neatly. Protect the front openings with stitched bands of the material, and close with pearl buttons and buttonholes. The buttonholes can be made to show, or be worked in a doubled underfold. Embroider the collar and seamed sleeve frill, which are scalloped, worked in buttonhole stitch, a frill of Valenciennes being mounted beneath the scallops. Transfers can be had for the designs on collar (three) and frills (two, one on each frill), price 5½d., post free. Seam the collar into the neck, felling a band of the material over the seam. Seam the sleeve. Gather it into the shaped frill and cover the junction with a band worked with slots to hold a ribbon runner. Both sleeve and Empire bands are slightly frilled up with the ribbon runners, which are easily drawn out for washing. Seam the sleeve into the armhole, and protect the sleeve with a band of cashmere felled on inside. No. 7394a gives an enlarged view of collar.

Lady's Smart Inverness.

No. 7395, **Page 14.** A very good model—a coat with added two-piece cape. Of chequered tweed, cut on the straight in front. Very smart model. Face fronts with the tweed. Hem the cape. Bind seams and facings for neatness. Smart strap collar, which can be worn open or closed. Big pocket added on left. 52-inch tweed, 6 yards. For the tweed send to Robinson and Cleaver's, 40B, Donegall Place, Belfast.

Braided Coat and Skirt.

No. 7396, **Page 14.** Seven-gore eel skirt, with braided seams. Can be lined or worn over a foundation skirt. Smart fitted coat, braided back and front. Fronts faced with the material. Close with metal buttons and buttonholes. Reefer collar faced with velvet. Two-piece coat sleeve. Line with silk. 52-inch cloth or tweed, 7 yards.

Very Smart Tailor Coat and Skirt.

No. 7397, **Page 14.** Long 2-gore skirt of striped serge, with inverted box-pleat in front, covering seam. Cut on cross. Wear over a foundation skirt. Smart coat. Front centres are cut on cross, back centre cut on straight. Sleeves are cut on the cross. Front and back seams are lapped, back seams developing into pleats. Passementerie tassels. Small waistcoat fronts of embroidered or braided cloth. Two-piece sleeve. For the striped serge send to Thompson's, 163 to 168, Tottenham Court Road, W. 48-52-inch material, 6 yards.

Girl's Pinafore Frock.

No. 7398, **Page 15** Excellent model for fine serge. Skirt in one piece, arranged at intervals in inverted box-pleats (wheelmarked on

DELICIOUS
MAZAWATTEE
TEA.
A LUXURY
Within the Reach of All.

GRATEFUL—COMFORTING.

You cannot possibly have a better Cocoa than
EPPS'S
Justly prized by Mothers for themselves and their Children, who choose it eagerly.
COCOA
A fragrant, delicious, and most healthful beverage.
BREAKFAST—SUPPER.

DOLLFUS-MIEG & Cie. SOCIETE ANONYME
COTTON
SILK AND FLAX
FOR
SEWING • EMBROIDERY • KNITTING • CROCHET
500 COLOURS
D·M·C
REGISTERED TRADE MARK
SPECIALITY IN FAST DYES
ARTICLES OF THE BEST QUALITY
FOR
LADIES ART NEEDLEWORK
MULHOUSE-BELFORT-PARIS

WANZER Coy.,
20, Market Place,
Oxford Circus,
LONDON,
W.
FULL LIST POST FREE.
ACCORDION & SUNRAY
PLEATINGS,
KILTINGS & PINKINGS.
Lowest Prices.
Best Work.
Material by Early Post Pleated and Returned Same Day.
SUNRAY SKIRTS.
Send Six Yards Double Width Material. We cut, join, and pleat for 5s. Return next day.

pattern). Material not being wide enough for entire skirt has two added corners seamed up selvedges at back. Pinafore bodice in one piece, pleated back and front (pleats wheelmarked), pleats stitched down and held with buttoned tabs of the material. Kimona sleeve is tucked to flat pattern. A strap edges the neck. Wear over any blouse. The model illustrated is of fancy white silk. Dress and blouse both fasten at back. Velvet belt. For a girl of seven, 48-inch material, 3 yards.

Girl's Blouse Nursery Frock.

No. 7399, **Page 15.** A box-pleated front and two backs of serge or linen, closing in an underfold of central back pleat. Pleats are secured by tacking inside. Leather belt. Quickly made model. One-piece sleeve with wristband. Detachable collar and cuffs of white linen edged with Cash's Hemstitched Frilling. For the linen send to Robinson and Cleaver's, 40R, Donegall Place, Belfast. 36-inch material for a girl of four, 2½ yards.

Girl's Coat of Embroidered Cashmere.

No. 7400, **Page 15.** The pattern, cut for a girl of six, is in four pieces—half the back, one front, one sleeve, half the collar. Lay the pattern pieces on 2 yards 48-inch cashmere, which is doubled (selvedges meeting), the centres of back and collar patterns laid along the fold so that each is cut in one piece, the other pieces being cut in duplicate. Tack together back and fronts and try on. Stitch seams. Interline fronts with lino, and turn up the edge all round (except neck) over an inch band of lino; stitch down. Cut a silk lining on coat pattern, seam and press it, tack it in place, and fell lining edges over the turned coat. Close with hooks and worked loops. Embroider the collar, line with lino, add the pleated silk frill (silk to match cashmere, not the paler lining), and line with the silk used for the frill. Arrange in place on the neck. Finish with a shaped band of the darker silk, which is cut to shape on the neck of the coat, leaving mitred ends which cross in front, decorated with a smart ribbon bow of the same colour. This collar should be stiffened and stitched. Where free of the coat it should be lined with the darker silk. The sleeve is seamed, and has a similar lining of the pale (or white silk, which is seamed apart. Arrange the sleeve into the embroidered cuff, which is stiffened and lined like the embroidered collar. The sleeve is arranged into the coat on the wearer. The seam is stitched, and the lining of the coat at armhole is felled over the seam. The embroidery is a beautiful "wild rose" design. Full size transfers of the embroidery (entire collar, two cuffs) can be obtained, price, post free, 3½d., from MADAME MYRA, 10 and 11, Fetter Lane, E.C.

Girl's Belted Coat.

No. 7401, **Page 15.** A back and two double-breasted fronts. Good model for warm cloth. Face fronts with the cloth. Line with silk cut on coat pattern, but seamed apart. Large velvet buttons. Buttonholes are made in left front. Fronts are faced with the cloth, with added slipstitched velvet facings to the revers. Reefer collar, faced with velvet. Triple unlined, hemmed capes. The two-piece sleeve, on a similar lining, has a large cuff faced with velvet. 42-inch cloth for a girl of four, 2½ yards. For the cloth send to Lewis's, Market Street, Manchester.

Girl's Smart Afternoon Frock.

No. 7402, **Page 15** Yoke dress—a front and two backs, tucked (tucks wheelmarked on pattern) into a three-piece yoke edged with a frill mounted beneath a band of beading. Lower edge is tucked to flat pattern, and the hem is finished with a lace frill The yoke is cut square and is filled in with a chemisette of Jap silk with lace band collar. The frock is of fancy Jap silk. One-piece sleeve of the plain material with lace cuff and silk frill. For a girl of five, 21-inch silk (figured) 4 yards, plain, 2 yards. For the silk send to the Holborn Silk Market, Holborn Bars, E.C.

MACGREGOR'S REAL SCOTCH WINCEY
The original and best. From 1s. per yard. White or coloured. Soft, dainty, durable, unshrinkable; better than flannel. Patterns post free.—Sole agents, Greensmith and Downes, Edinburgh.

No. 7423 No. 7424 Nos. 7425 & 7426

No. 7427 No. 7428 Nos. 7429, 7430, & 7431

PRETTY DETAILS FOR A BRIDAL TROUSSEAU.

For Descriptions see Pages 31 *to* 36.

Price of Paper Patterns, Blouses and Cache Corsets, each 6½*d.; Collars, each* 3½*d., post free, of* MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

Charming Coat and Skirt for a Girl of Eight.

No. 7403, **Page 15.** One-piece circular skirt of cloth or coating, decorated with broad and narrow braid. One-piece coat (with added sides and under sleeves), lined with silk, prettily braided. The revers and turn-over collar are also braided. 42-inch coating, 5 yards. For the coating send to Lewis's, Market Street, Manchester.

Sport Costume of Striped Tweed

No 7404, **Page 17.** Equally suitable for cycling, walking, or shooting. This excellent model can be made up of Pirle-finished striped tweeds, serges, cloths, &c. The front seams can be lapped or made in the ordinary way—like the side and back seams. There is a good inverted box-pleat at the back, stitched down for four inches. This pleat is wheelmarked on the pattern, which is in three pieces—one back, one side, half the front. Lay the pattern pieces on 4½ yards 48-54-inch material. which is doubled in half (selvedges meeting), the front centre of front pattern laid on the fold so that it is cut in a single piece, the other pieces being cut in duplicate. See that in side and back breadths stripes run straight down centre of breadths, so that stripes at seams (hidden in folds) meet in V points. The material is not wide enough for half to take the back (the most economical method), so an added small corner is seamed up the selvedge, stripes made to meet neatly. Tack together backs, sides, front, according to the double and single notches, leaving the opening in the left tablier seam. Tack the back seam and arrange the pleat. Try on. Stitch and press the seams. Dceorate with bias bands of the material edged with braid, stitched carefully in place so that there is nothing to catch on cycle pedal, &c. Line with linenette seamed apart. Finish the side opening when stitched over a band of lino with bands of sarsenet neatly stitched over the lino. Close with Newey's Imperial Spring hooks and eyes. Bind the top and close with hooks and eyes. Put the pocket in this seam. Turn up hem. Put Prussian binding over the hem's raw edge, and see that two rows of stitching hold it well down so that there is nothing to catch foot or pedal of cycle. The hem should be well pressed and shrunk into shape by a very hot iron passed over a wet woollen cloth (white if possible, so that it may not stain the skirt. The coat is a very pretty one. There is a one-piece back, four sides, two fronts shaped with darts. The tweed is on the straight, but back and front seams are hidden partly by a smart curved strap on cross, edged with braid. Fancy buttons. Close with cord loops. Fronts (cut with revers) and reefer collar are faced with the tweed. Line coat with satin. In cutting see that stripes run straight down centre of pattern pieces. 46 to 52-inch material, 7 yards. For the striped tweed send to Robinson and Cleaver's, 40R, Donegal Place, Belfast.

The New Kimona Pelisse.

No. 7405, **Page 18.** A lovely model for day or evening wear, to be carried out in Velours du Nord, black silk (like Bengaline), silk-and-wool satin, coloured velvet, pastel cloth, &c. The lining should be satin, white or a very pale shade, and the waistcoat should be of the same satin. This waistcoat hooks down the front centre. the double-breasted right side crossing over the fastenings, to hook beneath the left front of the pelisse. A collar is simulated with close braiding—fine silk braid—which runs down the back to a point at the belt, to hide the central seam. The braiding of the rich sleeve back continues up the sleeve to hide the seam which is necessary if velvet or satin or any non-reversible material is used. The belt is closely braided. The full skirt, forming a point back and front, is in four gores, gathered into the empire braided belt. This belt also holds the kimona top—front, half of back, and greater part of the sleeve in one piece. There is an added little side piece and a large under sleeve. The waistcoat fronts are added nearly at the front edge of the kimona, the ends of the belt being secured to the waistcoat and closing with cord loop and large buttons. The edges of skirt, sleeve, and braided neck are turned over a band of lino, the satin lining, seamed apart, being slipstitched to the turned edges. If single-width silk or broché is used, seams must be made up the selvedges to

"Your patterns are so excellent I do not care to use any other."—A.

provide enough width for the pattern pieces. If broché or brocade is chosen, see that the design meets neatly. 42-inch Velours du Nord required, 7 yards. In white cloth this is a lovely wrap to wear over the "Going Away" dress, No. 7406.

Bride's Visiting or "Going Away" Gown with the New Pleated "Eel" Skirt.

No. 7406, Page 19. Cut an "eel" long foundation skirt in nine gores of silk or moirette. Veil the tablier with fancy velvet, and edge the rest of the skirt with a little frill of the skirt material. On this mount the six-gore pleated skirt of fine soft cloth (as light as cashmere). Pleats are wheelmarked on the pattern. Secure the pleats inside to the knees, seeing that they fall close to the figure as far as they are secured. This is hemmed invisibly from the back (the French hem), and the fronts are slipstitched to the velvet tablier. The opening is among the pleats, at the back. A few metal buttons hold the skirt to the tablier. Very smart model. Elegant kimona blouse to match, closing on the left of the centre panel. A fitted silk bodice lining with three-piece front is cut. Tack, fit, and seam the lining. Veil lining front panel with the fancy velvet, pleated to pouch at waist. Three-piece kimona of the cloth, richly pleated, the fronts decorated with buttons. Velvet collarette, covered partly with lace, hooking on left shoulder. The band collar is supported with cased fine Featherbone. Into the armhole is arranged the original one-piece sleeve of the velvet, decorated with lace. Draped velvet or silk belt. 48-inch cloth, 7 yards; 20-inch velvet, 4 yards.

A Lace or Net Dinner Coat.

No. 7407, Page 20. Back (half) is cut with part of sleeve and front is cut with part of sleeve, seams on a line with openings back and front, which are edged with insertion. There is an added side piece and an under sleeve. Garment is edged all round with lace. The full width of the 18-27-inch net or lace is allowed at the lower edge, as the fuller it is below the sleeve the better it looks. Net required, 10 yards. For the net, send to Messrs. Peach, 133, he Looms, Nottingham.

Lovely Picture Gown for a Bridal Trousseau.

No. 7409, Page 21. An excellent "utility" frock, which could be used as a tea, dinner, or theatre gown. Being in picture style (Henrietta Maria) would not become *démodé*. Suitable for velours chiffon, satin, or velveteen. A pale shade of velveteen should be chosen. Lovely model for chiffon velours in the new pale moonlight blue. Seven-gore trained skirt, cut very circular at feet and tight at top. Front very long, sides lifted to form slight draperies. Quite new and very elegant skirt. Wear over a separate foundation skirt. Interline the hem with lino and fell invisibly from the back. Lovely little short-waisted bodice. Cut a white silk lining—a back, four sides, three-piece front. Tack, fit, seam, bone, leaving side and shoulder seams. Veil front with white satin gathered at the top. Mount at edge tabs forming a basque, of the velveteen, stiffened with lino, lined with white silk. Veil rest of bodice with a stretched back and two slightly draped fronts of velveteen. Finish seams. Stuart collar of Irish crochet lace. If cut out of net or piece lace, edge the vandykes with narrow lace or ball fringe. One-piece gigot elbow sleeve of velveteen. Lace cuff. Sash belt of satin ribbon. 27-inch velveteen, 13 yards. For "Wonderful" velveteen (2s.), send to Lewis's, Market Street, Manchester.

The Latest Empire Gown.

No. 7410, Page 21. This is the best and latest development of the beautiful Empire style. Cut a short waisted lining to hip, with 3-piece front, closing in left side seam. 7-gore skirt of very soft satin, very long, but plain in front, the back breadths gathered into high waist, the sides lifted so that the two nearest the back widths, which are mitred off, are lifted up to the shoulder. Skirt is very full at feet, and must be very soft and clinging. The bodice part has the front centre and back draped with gathered silk muslin. The rest is veiled with crossed fronts and two backs of the satin. The bodice fronts hook well to the left, at the belt of the satin, which is draped on the lining. The crossed skirt pieces at the back are held to the sash by a few stitches, so that the folds there are close and clinging. The belt finishes with sash ends on the left (hiding skirt opening), tipped with tassels. Exquisite model. Wear over the new "eel" petticoat, No. 7391. Draped elbow sleeve of satin. 44-inch satin, 8 yards. For the satin send to the Holborn Silk Market, Holborn Bars.

Draped Empire Visiting Gown.

No. 7411, Page 22. The new style, of soft material, very full at the feet, slightly draped at the sides by lifting the back, arranged in a box pleat. The skirt, in 7 gores, a sort of "corselet," is arranged on a fitted lining (front centre, six sides, two backs), which also supports the draped kimona of the skirt material. Quite new and very elegant model. The lace yoke, backs and front, is arranged on the lining. The kimona is in four pieces seamed down the sleeves, these seams hidden beneath braid embroidery. Braided velvet edges the kimona. Velvet ribbon bow at the back. Velvet cuff. Good model for very fine supple cloth in a shrimp pink shade, the velvet being a soft green, or a deeper old-rose pink. 48-52-inch cloth, 8 yards. For the cloth, send to T. W. Thompson, 163 to 168, Tottenham Court Road, W.

Bridesmaid's Dress of Draped Empire Type.

No. 7412, Page 22. The same new style like No. 7411. It is of soft cream satin, double width. The dress is cut in seven gores, very soft and moulding without being close to the figure at the waist. Mount on a white glacé bodice lining, closely fitted and closing at back, veiled with a full front and two backs of satin. A drapery of palest mauve mirror velvet covers the join of bodice and skirt and has two long ends at the side tipped with tassels. Velvet rosettes hold another velvet drapery round the bodice

The Most Delicate Child

CAN EASILY DIGEST AND ASSIMILATE

Neave's Food

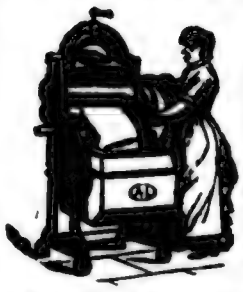
Contains all the essentials for Flesh and Bone-forming in an exceptional degree. Over 80 years' reputation.

Assists Teething and Relieves Infantile Constipation when prepared according to the directions given,

forms A COMPLETE DIET FOR THE INFANT, THE AGED, AND THE INFIRM. Health and Strength giving.

Sold in 1/- and 2/6 Tins. Also in 4d. Packets.

Write for "HINTS ABOUT BABY," by a Trained Nurse; postcard to Josiah R. Neave & Co., Fordingbridge, via Salisbury.



BRADFORDS'

WASHING, WRINGING, AND MANGLING MACHINES.

"Simplest and Best."

These celebrated Machines save time, money and labour.

Do not injure the linen. Will wash all kinds of articles.

MONTH'S FREE TRIAL.

ILLUSTRATED CATALOGUE (58) FREE.

LIBERAL CASH TERMS.

THOMAS BRADFORD & CO.,

140 to 142, High Holborn, LONDON. Victoria Avenue, MANCHESTER.
130, Bold Street, LIVERPOOL. Crescent Iron Works, SALFORD.

"Plasmon increases the food value of Cocoa enormously." —*LANCET.*

PLASMON COCOA.

10 times more nutritious than ordinary cocoa.

DELICIOUS—DIGESTIBLE.

In Tins, 9d., 1s. 4d., 2s. 6d.

OF ALL GROCERS, STORES, &c.

DESIGNS for POKER WORK,

by the well-known Artist, GEO. C. HAITE.

13 BEAUTIFUL DESIGNS.

Including:—PIANO FRONT. PANELS FOR SCREENS. PANELS FOR DOORS. TABLE TOP. PHOTO FRAMES. BELLOWS. MIRROR AND PICTURE FRAMES. STOOL TOP. BORDER.

SENT POST FREE FOR FIVE SHILLINGS.

PUBLISHER, 10 & 11, FETTER LANE, LONDON.

CULTO

A MARVELLOUS PRESENT FOR 1s.

Buy your dearest and sweetest friend, be it your **Wife, Sweetheart,** or **Sister,** a Crayon of "Culto"; it will charm and give pleasure to all who are fond of beauty. Order early, as your chemist may not stock it. Boots, Cash Chemists, do, and all wholesale chemists, or 1s. 1d. post free from **THOMAS BELVOIR & Co.,** Dept. 22, **NEW SOUTHGATE, LONDON, N.**

BACK VIEWS OF NOS. 7411 TO 7416 (PAGES 22 AND 23).

where it joins the transparent lace yoke. A frill falls over the satin bodice. Puff elbow sleeve of satin on a smaller lining with velvet band and lace frill. Lovely model. 44-inch satin, 8 yards.

Bridal Dress of Charmeuse Silk.

No. 7413, **Page 22.** Five-gore "eel" foundation skirt of glacé, edged with a pleated frill, over which hangs the skirt of the silk, cut in seven-gores, decorated with a ruche of chiffon. Top drapes the figure, the lower part being very full. A fitted low-necked bodice lining is cut to close down front centre. Tack, fit, and seam the lining, leaving only side and shoulder seams. Two-piece transparent yoke of guipure (with band collar) closing on left shoulder. Veil lining with back and beautifully draped fronts of the silk. Finish seams. Silk bow and jabot of fine lace. The transparent band collar is supported with white-cased fine Featherbone. A chiffon ruche edges the neck of silk bodice where it joins the yoke. Into the armhole is arranged the ruche-edged silk wing sleeve. Under-sleeve (long and fitted) of the guipure. Draped silk belt. 44-inch material, 7 yards. Veil of tulle. The bride, like so many of the smart brides this summer, does not carry a bouquet, but has orange blossom on the bodice and the same in her hair.

Lace Frock for a Child Bridesmaid.

No. 7414, **Page 23.** Fine Limerick net lace is used, and lace of the Brussels type is employed for trimming. The under-dress is of pale mauve silk—a circular skirt and three-piece long-waisted bodice, buttoning up the back. The edge of skirt could be hemmed or pinked out. The over-dress skirt consists of two Limerick lace flounces edged with Brussels. Flounces are gathered into a muslin band. This band also holds the long-waisted blouse of lace (two backs and two fronts) which is gathered into a yoke of Brussels lace. Frills of lace fill in the open fronts. Sash and epaulets of mauve velvet ribbon. The wing sleeve is of lace. Mauve felt hat. For a girl of six, 18-inch piece lace, 6 yards.

Smart Empire Gown for Bride's Married Sister.

No. 7415, **Page 23.** Draped corselet skirt of champagne pastel cloth, hung on a fitted silk bodice lining (to hip) of the same shade. This lining closes at back and is draped with champagne silk net—front and two backs. Sleeve of the net on a smaller silk lining, with brown velvet cuff band edged with two lace frills. Over this is worn a lace coat of cream Irish crochet, a kimona, edged all round with brown velvet. Bow of velvet at the back and front. Lace jabot over the net. 48-inch cloth, 7½ yards.

Braided Kimona Coat for Bride's Mother.

No. 7416, **Page 23.** The front (to the slit) is cut in one with the upper sleeve, half the back is cut with the other half of the upper sleeve, there are three side pieces. The sleeve ends form points, tipped, like the fronts, with a tassel. The lower edge is delicately braided and embroidered, the braid continuing up the slits. Braiding decorates the neck and sleeves. The waistcoat (of braided white cloth) closes edge to edge with hooks and eyes, and a strap, cut in one with the left coat front, closes the coat at the waist line. Long fitted under sleeve of braided white cloth. The fronts are elegantly turned in to show a little of the satin lining near the tassels. The satin is the same tone as the cloth for waistcoat and under sleeve. Those who prefer a high collar can have an added vest and draped band collar of white satin. The new long seven-gore "eel" skirt of cloth, cut close and clinging to the knees, so that the fit of the elegant coat is not disturbed.

Smart Mid-season Millinery.

Nos. 7417 to 7419, **Page 24.** These beautiful models are just the thing for the mid-season, as they are not too fragile for wintry wear, and yet they are light enough to look the right thing well into the spring. No. 7417 is of white felt, bound with a band of pale green velvet. The crown is trimmed with the velvet and a wreath of shaded pink roses and leaves. No. 7418 is one of the new hats—a wire frame moulded with taffetas silk. This is in a heliotrope shape, decorated with a shaded plume. No. 7419 is a new shape hat of the palest grey felt, with white plume.

A Useful Tailor Costume.

No. 7422, **Page 32.** Five-gore pleated skirt (pleats wheelmarked on pattern) of good tweed, the pleats stitched down to the knees. Wear over a silk or moirette foundation skirt, mounted into the pleated skirt at the waist. Fashionable fitted coat, single-breasted, closing with metal buttons. Face fronts with the tweed. Line with satin, cut on coat pattern but seamed apart. Two-piece coat sleeve. Face reefer collar and cuffs with braided velvet. 52-inch cloth, 8 yards.

Evening Cache Corset or Underslip.

No. 7423, **Page 34.** Of mull muslin, in one piece, but with added basque. Arrange into a ribbon-threaded band of beading edged with lace. The same beading trims fronts and makes a belt. Shoulder straps of ribbon. 36-inch nainsook, 1 yard.

The New Glacé Underslip

No. 7424, **Page 34.** All trousseaux should have this model to wear beneath a Kimona matching a skirt. It is closely fitted, and closes at back, is low-necked and sleeveless. The model shows the new detachable yoke (with band collar), and long tight sleeves of lace, which are tacked to the glacé underslip if required. 22-inch white glacé, 2 yards.

Pretty Lace Pelerine.

No. 7425, **Page 34.** To smarten a plain blouse. It is of Limerick lace edged with a small frill of lace or chiffon. 18-inch lace, 1½ yards.

A Pretty Lace Collar.

No. 7426, **Page 34.** It is a band collar, for afternoon blouses, buttoning at back (tiny buttons and worked loops). Lace jabot in front.

French Collar and Tie.

No. 7427, **Page 34.** For morning blouses. Collar, of embroidered muslin, is mounted on blouse collar. Tie of satin.

A Kimona Tea Jacket.

No. 7428, **Page 34.** Two backs (cut with half the sleeve), two sides, and two fronts (cut with half the sleeve) of Limerick lace, edged with lace insertion. Belt of velvet ribbon. This coat is mounted on a chiffon lining, which holds the full chiffon vest and the smaller chiffon sleeve lining. Lace insertion forms a cuff and holds the chiffon frill. Charming model. 18-inch lace, 6 yards.

Sequin Hair Ornament.

No. 7429, **Page 34.** The sequins are mounted on gauze, supported with fine wire. It is secured to a large hair-pin.

Detachable Washing Flounce.

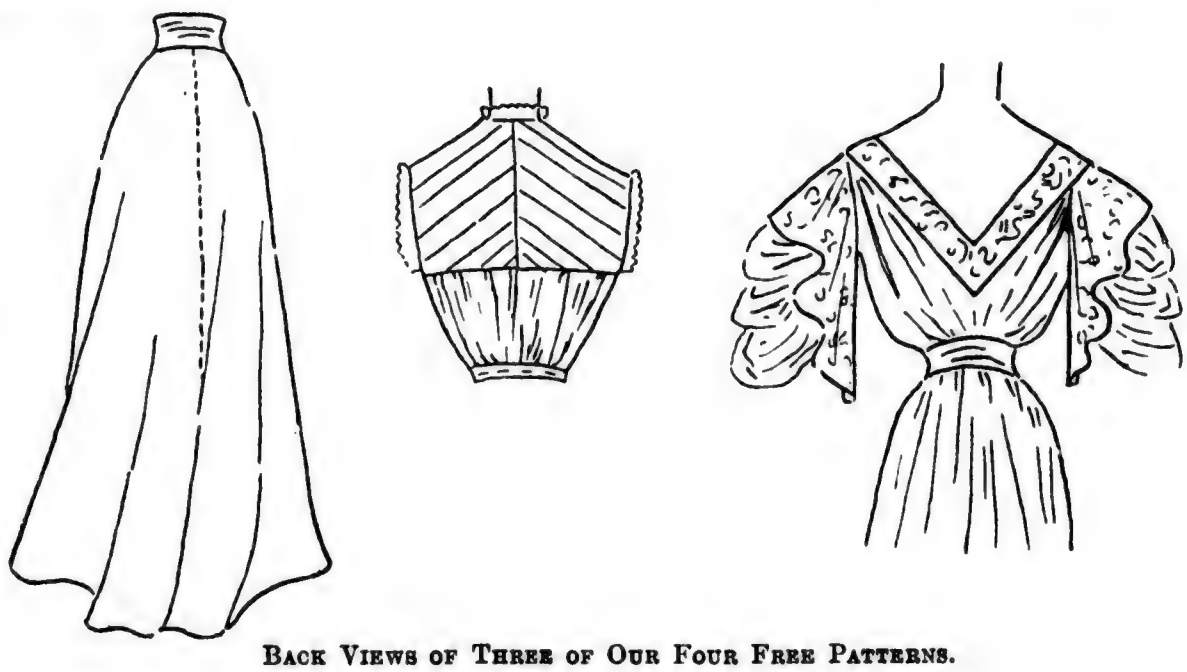
No. 7430, **Page 34.** Of muslin and lace, gathered into a lined band in which buttonholes are made to button over the edge of a silk petticoat.

Lace Handkerchief.

No. 7431, **Page 34.** Of the finest French lawn, hemstitched, edged with Brussels lace, embroidered with bride's monogram.

LACE AND RIBBON COLLARETTE.

A transparent band of lace, supported on fine white-cased Featherbone (send for samples to Weeks and Co., 5, Wells St., Oxford Street, W.). Lattice and bow of narrow velvet ribbon. Lace jabot. Very smart model.



BACK VIEWS OF THREE OF OUR FOUR FREE PATTERNS.

"The Princess Dress Pattern was a splendid fit."—J. I.

PERI-LUSTA

FOR ALL CLASSES OF FANCY NEEDLEWORK.

EQUAL TO SILK AT THE COST OF COTTON.

"PERI-LUSTA" White Flossette, in 8 sizes. Ex. Stout to Ex. Ex. Fine. 1d. Skeins.

THE "PERI-LUSTA" HAND-BOOK, containing 80 exquisite Illustrations is a valuable guide to all Fancy Workers. Price 7d., post free.

"PERI-LUSTA" CROCHET YARN. 100 yard Reels, 6d. each. In all leading Shades.

All ladies interested in FANCY WORK should send for our NEW SHADE CARD, showing full range of colours and makes. *7d. Stamps.*

"PERI-LUSTA" STOUT EMBROIDERY, in 250 Art Shade, and 137 Boiling Dye Colours, 1d. Skeins.

"PERI-LUSTA" KNITTING YARN, in all leading Shades. ½ oz. Balls, 4d.; 1 oz. Balls, 7½d.

THE WORK FOR WHICH PRIZES HAVE BEEN AWARDED IN OUR **£100 COMPETITION** will be exhibited for two weeks, from **FEBRUARY 10th**, at

MESSRS. WILLIAM OWEN, LD., WESTBOURNE GROVE, LONDON, W.

"PERI-LUSTA" TATTING AND CROCHET THREAD, WHITE, in 8 sizes. Nos. 8, 12, 16, 20, 24, 30, 36, 40. Stout to Ex. Ex. Fine. ½ oz. Balls, 4d. each.

"PERI-LUSTA" 19, LUDGATE HILL, LONDON, E.C.

CHARMING PHOTOGRAVURES.

HER HEART SAID YES.

Art in the Home.

A Splendid Collection of

CHARMING PHOTOGRAVURES

Is Now Offered.

The Milkmaid.—By Greuze, 22 by 17
The Broken Pitcher.—By Greuze, 22 by 17
Silent Persuasion. — By Lady Alma Tadema, 23 by 15
The Ring.—By Lady Alma Tadema, 17 by 14
Lady Hamilton as Ariadne.—George Romney, 20 by 15
Enraptured.—20 by 15
The Culprit.—By E. Munier, 16½ by 12
Happy Days.—By Fred Morgan, 16½ by 12
Taller than Mother.—By Maud Goodman, 17 by 12
Queen Alexandra.—15 by 11
Her Heart Said Yes.—By S. C. Henley, 16½ by 12
The Vestal Virgin.—By H. le Roux, 12 by 9
A Friend in Need.—By E. Munier, 12 by 9
Don't be Frightened. — W. Koppoli, 11½ by 8
A Start in Life.

An Exceptional Opportunity of Securing

Beautifully Executed Pictures

For Framing at

EXCEPTIONALLY LOW PRICES.

These beautiful Pictures are printed on thick plate paper, and can be sent, securely packed, by Post.

Illustrated List on Application.

Publishers: **BEETON & CO., 10-11, Fetter Lane, Fleet St., London, E.C.**

Health and Beauty.

By MISTRESS ANNE PAGE

All Letters to be addressed to Mistress Anne Page, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Mildred.—Your eyelashes will rapidly grow long and silky and dark if you take a trace of "James's Herbal Pomade" (1s. 3d. from Mrs. C. James, 268, Caledonian Road, London, N.) along the margins of the upper and lower eyelids, with your finger-tip, every night.

Florence.—To prevent your hands "chapping" in that miserable way, always wash them in warm, soft water, and before drying them, rub well into them a few drops of "Beetham's Lait Larola" (1s. from chemists everywhere) and dry very thoroughly.

Constantia.—An application of "Madame Cross's Beauty Cream" (4s. 6d. from Mme. Cross, Dept. M. J., 184 and 186, Regent Street, W.) will immediately hide the blemishes in your complexion, and make you look ever so young and fair. It will also protect your face from the evil effects of rough winds at the seaside.

Irene.—In order to have beautiful, pink, shell-like nails all you have to do is to treat them for three minutes once a week with "Culto," the secret Japanese nail polish, which is sent post free, together with a lesson on self-manicure, for 1s. 1d., by Thomas Belvoir and Company, Dept. 22, New Southgate, London, N.

Ambitious Mother.—I admire your ambition, and will help you all I can to maintain your little daughter's beauty. Now, to keep her silky hair bright and golden and fluffy, wash it at intervals of three weeks in water softened with "Pasta Mack," using "Mason's Egg Emulsion for the Hair" (3s. 6d. for sufficient for eight shampoos from Mr. Mason, 25, Bank Plain, Norwich), rinsing in two waters, and drying with warmed towels. Let her play in the garden without her hat on every dry day now.

Essie.—The best possible brush for the face is "The Highwater Massage Complexion Brush," which is sent for 3s. 9d. post free by the M-Highwater Laboratory Co., 1-118, Exchange Buildings, Southwark, London. There is a strap over the back of this brush for the hand to go through, so it is quite easy to use, and it will clear away all impurities, improve the circulation, and leave the complexion clear, fine, smooth, and with a lovely natural colour.

Mary.—The easiest way to cure the acidity from which you suffer will be to take "Eno's Fruit Salt" (all chemists sell large bottles of this at 2s. 9d. each), and to avoid fats of all sorts, pastry, curries, and all made-dishes. You will lose the giddiness and headaches, too, when you have taken "Eno's" a few times.

Rotha.—It seems as if there was nothing for it but a dye, and this being so I advise you to use "Jappo" (2s. 2d. a bottle post free from The Teinture Syndicate, 285, Regent Street, London, W.), which is perfectly harmless, cleanly, and permanent. It brings back the natural colour at once (in sending for it be sure you say that your hair was originally very light brown as "Jappo" is made in twelve distinct tints), and gives a beautiful gloss, so that it does not look at all as if the hair that has been treated has been dyed. I am sure you will like the immediate effect of this.

Kate.—To at once beautify your complexion, and at the same time protect it from the effect of cold winds apply "Mason's Jansia Emulsion" (2s. 9d. per bottle from Mr. Mason, 25, Bank Plain, Norwich) to your face every morning before you go out, and rub it in until there is no apparent deposit on the surface of the skin. This will keep you fresh-looking all day, and hide every blemish. You would also be wise to apply it again on the evenings that you go to dances, &c., as it will give you a lovely, smooth complexion, which will then not be injured by the hot air of the rooms, nor by the sudden change to the colder temperature when you come out of them again.

Beatrice.—You hands will keep smooth and white if, every time after washing them, you rub well into them a few drops of "Beetham's Larola," which is sold in bottles at 1s. each by all chemists. After this dry with a soft towel, and to complete the drying rub a little finely-sifted oatmeal into them.

Cora.—Dancing is an excellent exercise, and you will find it a very good thing for your figure to practise the newest waltz you have learnt in your own room, without a partner, reversing from time to time, keeping to the room (that is going all round it, but not crossing it), holding yourself well, and treading as lightly as possible. Then, when you go to a ball or a friendly Cinderella you will soon have as many partners as there are dances on the programme. As you want to develop your bust you should give yourself the "Temple Treatment," and to get all particulars of this write to Mme. G. H. Temple, The Temple Association (Dept. 115), 8, Blenheim Street, Bond Street, London, W. It is a harmless treatment that will improve your complexion as well as the upper part of your figure.

Hebe.—It is the hard water of your district that is making your face so patchy and your hair so sticky, and the wisest thing you can do will be to soften all that you use for toilet purposes with "Pasta Mack," which is sold in shilling and half-crown boxes by all chemists. You will soon see a decided improvement in hair and skin when you begin to use this delightful softener.

Minnie.—In order to make your hair grow much thicker, to cure dandruff, and to arrest and prevent greyness, you should rub "Mason's Primrose Lotion" (2s. 6d. from Mr. Mason, 25, Bank Plain, Norwich) well into partings made in all directions on your head every night, then do your hair into a loose plait, and give it a thorough brushing from root-end to tip in the morning. "Primrose Lotion is not in the least greasy, indeed, it will tend to make your hair brighter and more fluffy.

Grace.—You can take the hair off your arms yourself with "Depilos," of which you can have a free sample to try if you care to send two penny stamps to "Manageress," Taylor and Co. (Dept. 26), 149, Fleet Street, London, E.C., saying you are a reader of Myra's Journal.

A Martyr.—If you would take a course of "Clarke's Blood Mixture" (all chemists sell this at 2s. 9d. per bottle) you would soon get purer blood, and then would not be such a martyr to pimples and blotches. Give up salt, and all dried, smoked, and salted foods, and do not eat sweets nor pastry. Every night, until the present eruption is quite cured, bathe all the affected skin with warm water, dry, and then rub into it some of the "Cream of Sulphur" which Mr. Mason, 25, Bank Plain, Norwich, sells for 2s. 9d. per jar. Endeavour to take a brisk walk in the fresh air every day, and let your bedroom windows be open at least at the top all night. Keep windows and doors of sitting-room and bedroom open in the day-time to ensure thorough ventilation, but do not sit nor sleep in a direct draught.

London Girl.—It will certainly save you a great deal of time if you wear a transformation instead of trying to do your own hair (which has become so thin on the top and at the sides) in a modish and becoming manner. But to be so successful that you will not be "given away" by it, you should let a first-class worker in hair, such as Tarlita, 77, New Bond Street, W., make your transformation for you. He has every possible shade of hair in stock, and he will exactly match yours, but will give you natural-waving hair that will not get out of condition in wet weather. You will find the transformation the greatest boon.

London Girl's Second Question.—While you wear a transformation, such as the one I have advised you to get, you can give your hair such thorough treatment every night with the nourisher it wants that in the course of three months you can grow quite a nice crop of new hair, and therefore you should get from Mr. Mason (25, Bank Plain, Norwich) a 2s. 9d. case of his "Petrolate of Sulphur," and rub some of this well down into the skin of your head nightly. This "Petrolate" is one of the best hair-producers we have.

Adelaide.—The only permanent "cure" for such obstinate superfluous hairs as those that are blemishing your face is their entire removal by means of electrolysis properly performed, and I advise you to make an appointment, without further delay, with Mme. Alice Cross (Dept. M.J.), 184 and 186, Regent Street, W., who is most skilful, and very kind and sympathetic. She will take out each hair, and leave no trace of the root, so that it cannot possibly grow again, and she will leave no marks in your skin.

Constant Reader.—You are quite right in thinking that I hold the opinion every girl and woman ought to make the most of herself and the best of her personal appearance and I should like to see every woman beautiful without artificiality. But if Nature has forgotten you at any point you must aid her by using harmless and reliable preparations, and to darken your colourless eyebrows without dyeing them get from Mrs. Maine, 10, St. Mildred's Road, Lee, London, S.E., a 2s. 6d. jar of her "Zobeide Eyelash and Eyebrow Ointment," and with a tiny tooth-brush take a little of this every night along the brows from the inner corners by the eyes outwards towards the temples in pretty arches, but being most careful to avoid ruffling the little hairs. The improvement will be most marked in a short time, and it will be permanent.

Aunt Jane.—As you are getting too stout all over, though you are full young yet to think of "middle-age," you should take a course of the tiny, tasteless capsules which are sold under the name of "Dr. Ritter's Obesity Cure" by Dr. Horn, Bryanston, Bournemouth, who will send you a bottle of them for half a crown.

Cariad.—To hide excessive redness of the face and make the complexion look fair and smooth, you can have nothing nicer than the "Beauty Cream" which is sold for 4s. 6d. a bottle by Mme. Cross (Dept. M.J.), 184 and 186, Regent Street, London W., and this will really improve your skin and reduce the high colour.

"I am delighted with your journal and shall take it regularly."—H. P.

THE
"ADMIRALTY"
ALL WOOL SERGES

THEY WILL NOT CHANGE COLOUR IF WASHED IN HOT WATER, SOAP AND SODA

THEY WILL NOT CHANGE COLOUR IF EXPOSED TO THE SUN, SEA WATER OR SEA AIR

THEY WILL NOT SPOT IF RAINED ON

THEY WILL NOT SHRINK WHEN WASHED OR KNITTED

THEY WILL NOT CRACK WHEN RAINED ON OR WETTED IN ANY WAY

THEY CANNOT BE INJURED UNLESS THE FABRIC IS DESTROYED BY STRONG CHEMICALS

THEY ARE FOR BEAUTY, DURABILITY, AND COLOR THE MOST SATISFACTORY DRESS A LADY CAN WEAR

IN EVERY VARIETY OF MAKE

EIGHT MILLION YARDS
ALREADY SOLD
OF FIRST CLASS DRAPERS

MADE BY THE LEIGH MILLS Co Ltd BRADFORD

ZOBEIDE
REDUCING
CORSELETTE.

NO PRESSURE. HYGIENIC. (REGD.)
This lightly boned and elegant garment is designed for the gradual and safe reduction of an over-full Bust.
Price £1 1s. Particulars and measurements from
Mrs. MAINE, 10, St Mildred's-rd., Lee, London, S.E.
(Late of 41, Conduit-street.)

DON'T LOOK OLD
DARKEN YOUR GREY HAIRS WITH
LOCKYER'S
HAIR RESTORER

SOLD EVERYWHERE OR SENT POST FREE PER BOTTLE 1/6
J. PEPPER & Co, BEDFORD LABORATORY LONDON, S.E.

YOU cannot have a good, clear complexion if your blood is impure. **Blotches, Spots, Pimples, Blackheads,** and **Sores** of all kinds can be removed by taking

CLARKE'S
BLOOD MIXTURE

The World-Famed Blood Purifier.

This famous medicine will also cure all Skin and Blood Diseases, such as **Eczema, Scrofula, Scurvy, Ulcerated Sores,** &c. Thousands of unsolicited testimonials have been received from all parts.

As it is pleasant to the taste, and warranted free from anything injurious to the most delicate constitution of either sex, from infancy to old age, the Proprietors solicit sufferers to give it a trial to test its value. Clarke's Blood Mixture is sold by all Chemists throughout the world. Price 2s. 9d. and 11s. per bottle.

Beware of Worthless Imitations or Substitutes.

FOR MORE THAN TWENTY YEARS
DR. DAVIS'S FAMOUS PILLS
have been universally admitted to be a boon. They are the best-known remedy for Anæmia, Giddiness, Fulness and Swellings after meals, Loss of Appetite, Hysteria, Palpitation of the Heart, Debility, Depression, Weakness. Boxes, 9½d., 1/1½, 2/9, 4/6, and 11/-. To be obtained from Chemists and Patent Medicine Vendors everywhere, or direct from the Proprietor, 309, Portobello Road, Notting Hill, W.

THE SECRET OF BEAUTY.

It is now within the reach of every lady to possess a
BEAUTIFUL FIGURE and PERFECT HEALTH.

WRITE TO-DAY FOR FREE TRIAL.

WE GIVE YOU POSITIVE PROOF of the fact that any lady can make herself beautiful by a simple, pleasant method, entailing not the slightest inconvenience. In order to do this we are willing to send you, **FREE OF CHARGE**, a trial treatment of **THE TEMPLE NERVE AND FLESH FOOD** *(a vitalising Agent and Flesh Builder)* which has been prepared specially for the rapid

DEVELOPMENT OF THE BUST.

This wonderful discovery, the result of patient research on the part of an eminent scientist, will increase your bust from two to six inches in a remarkably short space of time; and, in addition, will so build up and rejuvenate the entire system that your limbs become more shapely, your neck, arms, and shoulders plump, your complexion as clear as a pearl, and your eyes sparkling with the light of youthful, vigorous health. The reason for this is that the Temple Nerve and Flesh Food gets **RIGHT TO THE ROOT OF THE CAUSE** of your ill-development, thus getting you into a condition of perfect health, and giving you a proportionate figure, full of queenly grace. **WE PROVE TO YOU** how easily you may become beautiful, be you ever so plain. Don't delay, but write at once for a **FREE TRIAL** before our stock is exhausted by the enormous demand. We also send you Book containing pictures of beautiful women, illustrating what this treatment will do. Thousands of testimonials. Enclose stamp to pay postage. All communications are treated in strict confidence, and should be addressed to—**Madame G. H. TEMPLE, The Temple Association (Dept. 115), 8, Blenheim Street, Bond Street, London, W.**

WRITE AT ONCE—TO-MORROW MAY BE TOO LATE.

Oatine is the Real Beautifier.

If you want to preserve the softness, the elasticity, the bloom of your skin, you should use Oatine.

Oatine is made from the pure healing oils extracted from the finest oats—and *you know* the value of oats for your skin.

Washing with oatmeal-water was the old habit of preserving the complexion. Washing with Oatine is the habit now.

Oatine is better—more efficient—more active. It gets down into the pores and removes the dust and dirt which soap and water cannot touch. It contains no chemicals or animal fats, and will never turn bad.

Oatine is perfectly pure and does not grow hair. It can be obtained, price 1s. 3d. a jar, at all Chemists', or larger size, holding four times as much, 2s. 6d.

Oatine
FACE CREAM

OUR OFFER. Send us to-day either 3d. in stamps or coupons from 2s. 6d. worth of our preparations, and we will send you, free of cost, a neat box containing samples of Oatine Cream; Oatine Balm, a soothing lotion that will purify the skin; Oatine Face Powder, non-poisonous, non-irritant; Oatine Soap; Oatine Talcum Powder; Oatine Tooth Paste; and Oatine Soap in tubes. With these preparations we will send you a copy of our book—"BEAUTY HINTS."

The Oatine Co.,
136, Denman Street, London, S.E.

SUPERFLUOUS HAIR.

"DEPILLOS" (Registered).
MARVELLOUS SUCCESS.

We have an absolute and permanent cure, entirely free from anything hurtful or injurious to the most delicate skin, never failing to entirely eradicate the strongest growth, destroying the roots so completely that the annoyance **WILL NEVER RE-APPEAR;** and to prove the correctness of the above statement, we will send, absolutely **FREE**, securely packed and free from observation, with medical certificate and testimonials, a sample to all who enclose two penny stamps. Address—

Manageress, **TAYLOR & CO.,**
(Dept. 26), **149, Fleet Street, London, E.C.**

2/- INSURES YOUR COMPLEXION

Dr. HARLAN'S
BEAUTY-CUP MASSAGE
For the Face, Neck, Arms and Body.

Hundreds of unsolicited testimonials.

"No woman who owns one of these wonderful little Cups need have any fear of wrinkles or blackheads."

The simplicity of this scientific system of self-applied massage, and the speed with which it clears the complexion, are almost beyond belief. A single soothing application of the little Beauty-Cup produces remarkable results. Blackheads in many cases are banished in sixty seconds. It pumps impurities out of the blood by atmospheric pressure, rounds out the cheeks, arms and neck, and plumps the waste places in the body with wonderful rapidity. Acts directly on the circulation and feeds fresh pure blood to the tissues, making the flesh firm and fair, and the skin soft and satiny. **Dr. Harlan's Beauty-Cup** sent by mail in plain wrapper—with our Beauty Book—to any address for 2/1 P.O. (abroad 2/6 M.O.)
Address, **M-HIGHWATER LABORATORY Co.,**
1—118 **Exchange Building, Southwark, London.**

"YOUR MASSAGE CREAM IS DELIGHTFUL."

Mrs. ELIZABETH HOPE visits ladies at own residences for **FACE MASSAGE, MANICURE, etc.** Terms, 3/6 and 2/6. Both treatments taken same time, 5/-.

Mrs. Hope's **DAPHNE TOILET PREPARATIONS** are **SPECIALLY RECOMMENDED.**

MASSAGE CREAM, delightful to use, 2/6 per jar, post free.
REDUCER, a safe and reliable prescription, 4/6 (sufficient for a fortnight).
FACE LOTION, 2/6; double size, 3/6. Cooling and pleasant.
For Complete List write—
120, VICTORIA STREET, WESTMINSTER, S.W.

JAPPO
Trial Bottle 6d.
post free 7d.

The best One-Liquid Preparation in the Market.

RESTORES
Absolutely non-injurious. Can be obtained in 12 different shades.

GREY HAIR
to its original colour. Send P.O. 7d. with Shade of Hair.

THE TEINTURE SYNDICATE, LTD.,
285, Regent Street, W.
Larger Sizes at 2/2 and 3/9 post free.

NOSES & EARS.

Noses.—The only patent Nose machines in the world. Improve ugly noses of all kinds. Scientific yet simple. Can be worn during sleep. Send stamped envelope for full particulars.

Red Noses.—My long-established medically approved Treatment absolutely Cures Ilted Noses. 3/9 post free. Foreign, 1/6 extra.

Ugly Ears.—My patent Rubber Ear Cups remedy ugly outstanding ears. Hundreds of successful cases. 7/6 post free. Foreign 1/6 ex.

M. LEES RAY, 10E Central Chambers, Liverpool.

Shopping by Post.

HOW TO KEEP THE SKIN SOFT.

THE cold snap of January has done a great deal of harm to delicate complexions, chiefly on account of the cruel east winds which preceded the short frost. To remedy the hardness and dryness resulting there is nothing better than a daily application of Oatine Cream, which penetrates the pores and nourishes the withered skin. Another excellent effect of Oatine Cream is that it cleanses the pores and removes the tiny speckles of dirt therein, which, while they remain, make a pure and fresh complexion quite impossible. Samples of this cream, and other valuable Oatine preparations, can be had, together with an interesting little pamphlet on "Face Massage," post free by sending 3d. in stamps to the Oatine Co., 136A, Denman Street, London, S.E.

ART NEEDLEWORK EXHIBITION.

We would remind our readers that a most interesting exhibition of Prize Needlework will be held on the premises of William Whitely, Limited, Westbourne Grove, London, on February 10, and four following days. It will be a unique display consisting of the work of the 150 successful competitors in the Grand Prize Needlework Competition organised by the manufacturers of the popular "Ososilkie" Brightest Lustre Yarn. We understand that some of the pieces which secured the more valuable prizes are most beautiful and well worth a journey to see.

A SAFE CURE FOR OBESITY.

Several things lead to the putting on of superfluous fat by middle-aged people. Contentment and lack of worry does much, and some constitutions make all possible foods turn into fat. Then there is such a thing as eating too much. Nobody relishes corpulency, however, especially in these days of mental and physical activity, when overplus of fat is looked upon as a sign of laziness and over-indulgence. Very stout people also resent the loss of good looks. These same people, however, loathe the idea of a strict dietary. Why do they not try "Antipon"? This remedy checks a constitutional tendency to put on fat, and thus the weight begins to diminish directly it is taken. Hence no "starvation" diet is necessary. People get "fit" very rapidly under the influence of Antipon, and lose all that flabby, pendulous flesh which is as unsightly as it is unhealthy. Antipon is quite harmless and causes no disagreeable effects. It is sold by all chemists and stores in bottles, price 2s. 6d. and 4s. 6d. Bottles (both prices) will also be sent (privately packed), post free, straight from the Antipon Company, 13, Olmar Street, London, S.E.

AN IDEAL TOILETTE SOAP.

Pasta Mack Soap is delightful to use. It has all the softening effect on hard water which the delicious Pasta Mack Tablets possess, and is as delicately scented. It is, moreover, a most cleansing soap, and makes the skin fresh and clean as well as soft and flexible. It is quite cheap, as all chemists and stores stock it at 10d. a tablet (2s. 6d. for three).

"How to Feed a Baby," by George Smith, is an admirable book, which should be put in the hands of all young mothers, who always err in the management of their infants through ignorance and not through callous idleness. The book is very thoughtfully written, because it considers the mother as well as the child, a consideration which, unhappily, too many instructors in the matter are apt to overlook. The price is very modest, only 1s. 6d., post free. It is published by G. Smith, 3, Freeman's Court, Cheapside, E.C.

As agreeable as it is efficacious, Figuroids, the well-known obesity cure, is sold in the refreshing and acceptable form of effervescing tablets. By regulating faulty digestive tendencies, Figuroids have a remarkable effect in reducing obesity in a wholesome and natural manner. The tablets, each enclosed in pure silver paper, are sold in bottles at 2s. 9d. (one week's treatment) and 11s. (one month's treatment). The Figuroid Company (Atlantic House, 46A, Holborn Viaduct, E.C.) will send to anyone ordering two small bottles direct from them (also sending them the coupon cut from the advertisement in this paper) a beautiful and convenient little box, just the size to carry one day's treatment in the pocket.

Personal Appearance.

HOW TO MAKE IT MORE ATTRACTIVE.

By Mistress Anne Page.

THE CARE OF THE EYES.

EACH of our senses is precious to us, yet how necessary each is to our comfort and well-being we scarcely realise until one of them begins to lose its acuteness. A "heavy cold," long continued, will sometimes temporarily rob us of of the senses of taste and smell, and perchance interfere with our hearing, too; meals then become wearisome matters of routine instead of pleasant functions, and conversation, except with intimate friends, a nuisance if not an impossibility.

But the loss of all these three senses together is not so great a one as that of our most precious of all, the sense of sight, and that we may preserve this as long as ever possible we should not ill-use our eyes in any way, but always take the utmost care of them.

The sight will be greatly strengthened if the eyes are bathed every morning with pure distilled water, and this bathing is most easily done by means of a little eye-bath or oval cup, which may be made of glass or of aluminium, both of which kinds most chemists keep.

When the eyes have been used all day at close work for money-getting, or serious study for examination, no fine needlework, unless absolutely necessary, should be attempted in a fading light, nor in gas or electric light, for this will over-strain them, make their rims inflamed, and eventually weaken the sight. But if the eyes must be put to extra work in the evenings, when they are perhaps already tired and hot, or dim and irritable, they should first be bathed with a special "eye lotion" which is prepared by Mr. Mason, 25, Bank Plain, Norwich, who sends a bottle of it post free for 1s. 6d. This will at once relieve the tension, cool the eyes, brighten them, and be in every way beneficial to them.

Whenever it is possible to lift the eyes from whatever work or reading one may be engaged in, it is a good plan to rest them by first changing the focus by looking at some object at the furthest distance from us in the room, and then shutting them for a second, and this will prevent the excessive weariness that the workers feel, and also tend to prevent nervous headache.

If threading a fine needle is not easy of accomplishment, or the lines of a book look curved, or the words blurred when attempting to read closely, an oculist should be consulted without delay, for though there may be no weakness or disease of the eyes, the sight is in all probability failing a little, and will be saved by the wearing of rightly prescribed glasses.

Some oculists tell us that the eyes want special exercises in order to maintain their and one of our premier beauty-culturists, Mrs. Adair, of 92, New Bond Street, London, W., who is an authority on physical exercises for women, has given this point her special attention, and written and illustrated a little book of exercises for the eyes, which can be obtained from the above address, and contains many valuable suggestions for the daily care of the eyesight.

(*To be continued.*)

EMPLOYMENT BUREAU.

(*Continued from page* 20.)

Stock Collars, &c. (B. G.).—I cannot make your letters out. In one you say your notice is not inserted, and in the next you send it to me cut from the printed list. All notices are inserted without fail provided they reach me in time—that is to say, by the 22nd of the previous month. If a notice gets due on the 1st or 2nd, I cannot possibly get it in. I am glad to hear you have got a nice Christmas order, and will certainly remember you if I hear of anything likely.

Underwear Made, &c. (E. M. P.).—I am sorry, but till you send the printed notices I cannot re-insert for you. On this point I must be firm in fairness to all. I am glad to hear that one lady whose name I gave you has already sent you a good order, and that my other correspondent has promised you work. Your numbers are 532 and 533.

(*Continued on page 42.*)

I get so out of breath, I feel so week. But—I am about to change all this. I am sending 1s. 2d. to the Jelloid Co., Room 86, 76, Finsbury Pavement, London, E.C., for a box of Iron Jelloids, No. 2. If you're the same, do you the same.

Result of the Cookery Prize Competition.

NOTE.—All recipes and hints intended for competition must be sent to Mrs. Hope, 10 and 11, Fetter Lane, E.C. They should not be included in envelopes containing queries for other departments, as that entails considerable delay, and often causes the competing papers to reach Mrs. Hope too late for the Competition. Competitors must write their recipes or hints each on a separate sheet, and must put *their name and address* on each.

COOKERY RECIPES.

A prize of 2s. 6d. has been awarded for each of the following Recipes:—

TO USE THE REMAINS OF A HAM.—Cut the meat off the bone, separate fat from lean. To about 1lb of ham add 1lb of raw beef; pass the ham and beef through a mincing machine, add a breakfastcupful of bread crumbs, now cut some of the ham fat into dice, about sufficient to fill a breakfast cup, put all into a basin, with pepper and salt, and a little cayenne, add 1 egg (beaten); now mix all together thoroughly, roll into a sausage, tie tightly in a cloth, and boil for 1½ hours (gently); when cool, cover with brown crumbs. To be eaten cold; delicious for breakfast or supper; better the day after cooking.—S. E. BORN, 16, Firs Mansions, Muswell Hill.

CELERY BAKED WITH CHEESE.—One pint of celery cut into small pieces, 2 tablespoons (caution, not more) of grated cheese, 2oz butter, ½ gill brown sauce. Butter a fireproof dish. Boil the celery fast for 15 minutes. Drain, mix in the cheese, and season with salt and pepper, and put in the buttered dish. Cover the top with a layer of cheese, and bake in a moderate oven for 20 minutes. Just before serving, pour off the brown sauce, which should be good and well flavoured.—Mrs. C. B. CLOSE, Mornewood, Kilkeel, Co. Down.

A NICE BREAKFAST DISH.—Take 4 rashers of bacon and toast them before the fire. In the fat which comes from it fry any cold potatoes left from the day before, which must be previously cut into little squares. Cut the crust from a slice of bread about half-inch thick, and fry this also; place it on a hot dish, arrange the potatoes in a heap on it, and place the bacon round the sides. This is much nicer than bacon by itself, and more economical, as the bacon goes further with the addition of potatoes and fried bread.—Miss IMBER, 5, Seymour Terrace, Westbourne, Bournemouth.

FOUR PRIZES, EACH 2s. 6d.,
ARE AWARDED FOR THE
FOUR BEST COOKERY RECIPES.

FOUR PRIZES, EACH 2s. 6d.,
ARE AWARDED FOR THE
BEST HOUSEHOLD HINTS.

SEVERAL RECIPES FOR TOFFEE.—(1) English Toffee:—Melt 2oz of butter in a saucepan, add 1lb of sugar, and a teacupful of vinegar. Boil without stirring until a little of the mixture on being dropped into a cup of cold water becomes hard immediately; butter a dish, and pour in the toffee; when cool enough to handle pull a small quantity at a time into ropes the thickness of your finger, and cut into inch lengths; store when quite cold, and keep airtight. (2) Russian Toffee:—Half-pound of butter, ½lb of sifted sugar, ½lb of Demerara sugar, 1 teacupful of milk or cream, 1 teacupful of syrup; boil for ½ hour over a slow fire. (3) Siberian Toffee:—One pound of coarse sugar, ½lb of treacle, a little butter, 1½ teaspoonfuls of ground ginger; put it in a pan, and let it boil gently for ½ hour, stirring it occasionally. (4) Everton Toffee:—To 1lb of sugar add ½lb of treacle, ½lb of butter, with a rind of half a lemon; boil all over a slow fire for ½ hour, and pour in tins well buttered. (5) Indian Toffee:—Two tablespoonfuls of water, ¼lb of butter, 1lb of granulated sugar, 1lb of golden syrup; boil all together for ½ hour, but do not stir it; add a few drops of cherry blosom scent or essence of lemon.—Miss LYDIA O'SHEA, 7, Fassett Road, Kingston-on-Thames.

HOUSEHOLD HINTS.

A prize of 2s. 6d. has been awarded for each of the following Hints:—

NEW USES FOR BLUE.—Now that flowers are getting scarce, one is glad to hear of a wrinkle which will make them last longer. Here is one: Do not put cut flowers in clear water, nor try to preserve them with camphor or charcoal in the water, for that is quite useless; but put a little washing blue in the water, so as to make it a light blue, and this will double the life of your cut flowers; also water growing flowers with bright blue water and they will grow and flourish vigorously. A little liquid blue in the polishing paste will make dish covers shine like silver.—Miss BEDFORD, 12, Priory Crescent, Lewes, Sussex.

TO REMOVE PANES OF GLASS.—Lay soft soap over the putty for a few hours, till the putty is soft, then the glass can be easily removed.—Mrs. ALCOCK, 2, Rockview Terrace, Montenotte, Cork.

HOUSEHOLD HINTS.—(1) If a lemon is heated before it is squeezed nearly double the quantity of juice is obtained. (2) To clean fly-marks from gilding, wash with a rag soaked in old ale. (3) If contents of a mould are difficult to remove, plunge it for a moment into boiling water, when it will come out quite easily.—Miss C. ANDREWS, 16, Highbury Grove, London, N.

BUTTERING HOT CAKES.—When opening hot cakes or rolls to butter them, use the back, not the edge, of a warm knife. This prevents the edges of cakes, &c., becoming heavy.—C. PAXTON, 2, Duke Street, Darlington.

JUST PUBLISHED—THE DESIGN BOOK,
THE LARGEST and most COMPLETE WINDOW DRAPERY GUIDE and PRICE LIST issued.

PEACH & SONS CURTAINS

About 500 Illustrations, all the latest ideas. We make inexpensive Lace and Net Curtains for Casement or ordinary windows. Dainty styles in Sheraton, Queen Anne, Louis Seize, Floral, Ribbon and Basket, &c. Fancy Nets, Muslins, Casement Fabrics, Cretonnes, Roller Blinds, &c. DIRECT LOOM PRICES. DIRECT TO YOU.
Table Damask, Household Linens, Hosiery, and Lace Departments.
Send for the Guide, No. 133. It's FREE merely for the asking. Write now.
1908 POPULAR PARCEL. Lot 133 contains 5 Pairs of Lace Curtains. New Designs. Quality and price remain the same; the greatest value in Lace Curtains to be found. White or Ecru. 21s. Carriage Free, viz.—
2 pairs effective Dining-room Curtains, rich lacey design, 3½yds. long, 60in. wide. 1 pair exquisite Drawing-room Curtains, 4yds. long, 2yds. wide. 2 pairs choice Bedroom Curtains, 3yds. long, 42in. wide.
Over 50 Years' experience. Result:—Goods that are quite distinct from the ordinary.
Prize Medals—Toronto, Chicago. Grand Diploma—Paris. 2 Gold Medals—Christchurch.
SAML. PEACH & SONS, Mail Order Department, 113, THE LOOMS, NOTTINGHAM.

FREE.
A Valuable Book on the care of the Skin, Complexion, Hair, Figure, &c., by London's Leading Toilet Specialist.
Advice free, personally or by letter.
The Complete "BEAUTY BOX" only 5/6.
Money returned if not satisfied. Mention "MYRA'S JOURNAL" to ensure reply by return.
A Free Trial of Beauty Preparations to Callers.
MADAME CROSS, 184-186, Regent St., London. W.

WOMEN WHO FASCINATE.
Their Power explained and illustrated in a book which is sent Free.
Thin and plain women may become beautiful by a scientific home method, which quickly enlarges the bust, beautifies the complexion, fills out hollow and scraggy necks, and develops the figure into one that commands admiration.
There is no reason why every woman should not acquire or regain a perfect figure. For those who lack the natural development of the bust, a remarkable proved home treatment has been devised. It is called DIANO, and is perfectly harmless. **This treatment will positively develop the bust six inches.** It fills out all hollows and flat places, adds grace and beauty to the neck, softens and clears the skin. No matter how plain you may be, DIANO will do the same for you as it has done for thousands of others. DIANO not only beautifies the figure, it improves the health; it makes you feel buoyant and youthful. We want you to know more about what DIANO will do for you; we cannot explain all in this advertisement.
On receipt of a penny stamp to pay postage, we will send a beautiful book, containing photographs and correspondence from ladies who have used this treatment. It is sent in a plain sealed envelope. Why not write at once for it? It is for your benefit.
THE L.F. ESPANOLA MEDICINE CO. (DEPT. 148), 205, RECENT ST., LONDON, W.

BUSINESS PLUS PHILANTHROPY.
The blind people employed by
THE ASSOCIATION FOR PROMOTING THE GENERAL WELFARE OF THE BLIND,

VARNISHING BRUSH-BACKS.

are engaged in the following trades:— Basket-making, Brush-making, Chair-caning, French-polishing, Mat-making, Carpentry, Wood-chopping, Bedding and Mattress-making.
They earnestly solicit your orders, by which the purchasers will secure goods of HIGH quality at STORE prices, and the manufacturers will be helped in their efforts to become independent wage earners.
Please note the Address—
258, TOTTENHAM COURT RD., LONDON, W.

In this real comfort lives.
The "R.S." Patent Reducing
CORSET,
With Extra Strong Elastic Belt.

10/6
Instantly reduces corpulency. Improves any figure. Affords binding abdominal support. Instantly adjusted.
BLACK, WHITE, OR DOVE
Real 10/6 *Whalebone.*
Sizes stocked, 19 to 36 inches.
Over 30-inch waist, 4d. per inch extra.
We fit any figure.
Should the Corsets not fit, we exchange, and make a pair with **any** alterations required 1/6 extra. Sent post free upon receipt of waist size and P.O. Colonial Orders, 1/6 extra.
R. SCALES & CO.,
Corset Specialists,
NEWARK-ON-TRENT, ENGLAND.

BEADS, CORALS, PEARLS, STONES for Art Chain Making. Speciality in Artistic Necklaces and Chains. The finest selection in London. Fancy Jewellery and Novelties.—F. ROGIER, 14, High-street, Kensington, London, W.

Correspondence.

RULES.

1. To be answered on this page in the next number, letters must reach us not later than the 3rd of the month.

2. Queries (except on "Dress" and "Health and Personal Attention") must be accompanied by sixpence and a stamped addressed envelope. No notice will be taken if sent without, if to be answered by post.

3. In urgent cases, or if crowded out, all "Dress" answers will be sent by post, for which no charge will be made. No postal reply can be sent unless a stamped and addressed envelope be enclosed.

4. Queries to be answered by post must be limited to three.

5. It is absolutely necessary that every letter should contain real name and full address. The space for correspondence is so limited that a large number of answers have to be sent by post. This is especially the case with "Dress," which requires prompt and often private replies. Only questions of general interest are answered on this page.

Whether letters are to be answered by post or in these columns, the Correspondence Coupon, cut from the current number, must be enclosed.

DRESS AND HAIR-DRESSING.

Letters to be addressed to Mistress Anne Page, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

MARCELLINA.—No. 7409 is an admirable model for renovating heliotrope velveteen. You will not be able to get those new folds across the front of the skirt, as you have no extra length at sides and back for the lifting. First of all, take the skirt off the waistbelt and cut away the lining. Leave the lining in the hem to prevent it rolling up, and fell the hem invisibly, not passing your needle through to the pile. As the skirt is full at the back, you must draw some of that fulness to the sides, so as to enable you to take in the seams from the waist to the knee. That will give you more flow. As to the bodice, the back is all right, being stretched. Cut away your satin yoke and cut away the double-breasted drapery of the velveteen right front, of course leaving fitted lining here. Cut away the velveteen to the waist from the shoulder, and lay over the edge a fold or two, cut from your pieces of velveteen. It is most fortunate that you have such nice pieces in your "waste." Cut the bodice a little shorter. At the edge mount eight square tabs of the new velveteen, interlined with lino and lined with merveilleux to match. With a little management, your gauged white satin yoke will make the required white vest. Round the waist drape on the bodice a piece of broad soft satin ribbon matching the velveteen; then get some vandyke crochet or other lace and arrange it round the opened neck. If you cannot get the lace, cut a collar out of white spotted net and edge the vandykes with narrow lace. Your gigot sleeve will do splendidly, but cut it away just below the elbow. Make a cuff of the lace by mounting the top part of the lace on the edge of the shortened sleeve, and leave the vandykes to fall, a sort of frill, over a full frill of white chiffon. I am sure you will be delighted with the result.

MARJORY B.—(1) A deep lace transparent collar must be supported.—You can get buckram collars supported by Featherbone, or else use small bands of very light, narrow, white-cased Featherbone. For these write to Messrs. Weeks, Department M.J., 5, Wells Street, Oxford Street, W. They will send you samples. (2) You can get that cashmere-back satin at the Holborn Silk Market, Holborn Bars, E. C.

MAUDIE.—(1) Washing silk is a capital material for nightdresses. If you buy a good one it will last for years. You will find a beautiful style at Nos. 7394 and 7394a. (2) Much the same style is used now for embroidery or lace insertion. For instance, Nos. 7389, 7392, and 7393 can have the lace yoke replaced by the fine longcloth you intend to use, embroidered in satin-stitch, the neck being scalloped and worked. The back of the collar, No. 7394a, would make a beautiful yoke for a nightdress or chemise.

TRANSPLANTED.—(1) You should wear Viyella nightdresses, and should make a point of trying bed socks or a hot water bottle. Try if the socks are enough, as the water bottle is more enervating. Anything is better, however, than remaining awake half the night through feeling cold. Have a good eiderdown, so that you need not have so many blankets; heavy bed clothes are injurious. (2) Under the circumstances you must not wear low-necked dresses. The wearing of a high, long-sleeved warm combination all day, and then replacing it with a low sleeveless silk vest is highly injudicious in your state of health. Keep the heavy combination; wear over it a pale pink satin underslip, and fill in your low bodice with transparent lace.

COUPONS.

Correspondents seeking advice on "Dress," "Health and Beauty," "Employments," &c., must enclose in their letters one or more (according to queries) of the following coupons cut from the current number:—

EMPLOYMENTS.
FEBRUARY, 1908.

DRESS AND HAIRDRESSING.
FEBRUARY, 1908.

HEALTH AND BEAUTY.
FEBRUARY, 1908.

ETIQUETTE.
FEBRUARY, 1908.

COOKERY & HOUSE MANAGEMENT.
FEBRUARY, 1908.

EMPLOYMENTS FOR LADIES.

Letters to be addressed to Miss Winifred Jones, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Continued from Page 40.

DRESSMAKING (A. M. H.).—I was glad to receive your grateful letter, and to hear that you have been executing some nice orders. No doubt you will get on, but all these things take time. (Notices for the Dressmakers' Column must be sent to the Editor—never to me!) I will certainly remember you if I have any inquiries in your direction; but I think if you could establish yourself near one of the tubes you might do better. Accessibility is everything in London. You have not sent me your notice for re-insertion; you should keep it in regularly.

SITUATION AS EXPERIENCED MAID WANTED (M. J. M.).—Surely you saw the rule about private replies? If you consult the advertising columns of the "Morning Post" you will see many advertisements of the kind you need. The "Guardian" is also a good paper to consult. You will see these at any free library. I am putting a notice in for you, but I doubt if any of my readers are in need of such a maid. The Domestic Servants' Benevolent Association, 32, Sackville Street, Piccadilly, W., has a registry, and makes no charge before or after engagements. This would be of use to you.

FANCY WORK, &c. (B. G.).—I am glad to hear you had plenty of work at Christmas, and that my correspondent was able to sell several stock collars for you. Now that embroidered muslin collars and cuffs are to be so fashionable you should try and execute some original designs. They would sell well, and you should try some of the ladies whose names I gave. Originality of design and fineness of execution are the two main factors of success in needlework. Some of the loveliest gowns, tea-gowns, &c., here are showing panels and insertions darned in coloured silks on filet net. This is work you might do well, only do it as soon as possible; fashion alters so quickly nowadays. Certainly you can advertise any of your work in MYRA or my Register.

LADY HELP (Mrs. E.).—I am putting in about "plain cooking." No, names and addresses are never published under any circumstances.

BLOUSE SPECIALIST (Mrs. C.).—No, indeed, I do not think you ungrateful, and you have my sincere sympathy in your struggles. I always think women with a profession should be entirely free from domestic worries. That is why men have such a much better chance to begin with. If none of the workers I mentioned suit let me know, and I will try again for you. Why don't you go in for unfurnished rooms with attendance. That would relieve you of a good deal to begin with. Let me know how you go on; your letters always interest me.

DRESSMAKER (Miss C.).—No, the lady has not written, but as she has engaged you for one week each month I imagine your work has given satisfaction.

HAIRDRESSING (E. K.).—I propose to deal with this subject in an article, so will you look out for it? Meanwhile, I advise you to learn the whole business from beginning to end, including false hair work, which is a very profitable part of it. A small business would probably be best for you. You should apprentice yourself for two years. A premium—probably about £25—must be paid, and you should have your food given in. Possibly, if you are capable and energetic, you may get a few shillings a week to start with. An assistant earns about 15s. weekly. There is a great opening for visiting hairdressers, if you find you do not care for shop life, and in any case this is one of the few trades you can exercise at any age, and in any part of the world. I can give you likely addresses where you can train if you wish.

COUPON FOR RE-INSERTION (M. R.).—Certainly, I am doing as you wish.

USEFUL HELP WANTED (Eyedrops).—I have no one on my Register at all likely, but I am putting a notice in for you, and I hope something good may result. Very likely someone may see it who would be glad of the chance. The only thing is the salary you offer seems a very small one. Still, you can but try, but I fear you may have to increase it to get anyone really satisfactory. I am so glad to hear the correspondent I recommended has pleased you so much. Her work is, I know, very nice.

PRIZE COMPETITION.

To provide our readers with interesting and original recipes for Cooking and Hints for the Household, we are offering:—

FOUR PRIZES, 2s. 6d. each, for the Four Best Cooking Recipes, and

FOUR PRIZES, 2s. 6d. each, for the Four Best Household Hints.

Competitors must send in their Recipes and Hints on or before February 15, addressed to "Mrs. Hope, Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

One or both the coupons below must be sent in with the Recipes or Hints.

COOKING RECIPES.
FEBRUARY, 1908.

HOUSEHOLD HINTS.
FEBRUARY, 1908.

The Result of the Competition will be published in the February number.

NOTE.—All prize-winners, when they see their names announced, must apply by letter for any prize they may be awarded. If such application is not made within a month of the date of the number containing list of prize-winners, the prize will be cancelled. Applications MUST NOT be made to Mrs. Hope, but to Messrs. BEETON & Co., 10 & 11, Fetter Lane, E.C.

"I think your Free Patterns this month are just lovely—far superior to any other journal."—Mrs. F. E. W

OUR FREE BARGAIN COLUMNS.

Advertisements must reach the office of "Myra's Journal," 10, Fetter Lane, London, before the 1st of each month.

RULES.

1. *A PRIVATE ADVERTISEMENT OF TWELVE WORDS IS INSERTED FREE OF CHARGE. 3d. will be charged for every extra six words or portion of six words.*

2. *It is indispensable that the FREE BARGAIN COUPON should be cut from this paper and enclosed with each advertisement.*

3. *No responsibility is taken by us with regard to any sales or exchanges arranged, or to any remittances forwarded, nor can we interfere in any differences that may arise between parties to a bargain.*

4. *Payment of carriage for articles on sale or approval must be arranged between themselves by the parties.*

5. THE REPLY TO A NUMBERED ADVERTISEMENT MUST BE CONTAINED IN A BLANK STAMPED ENVELOPE, WHICH MUST BE FASTENED, AND HAVE THE DISTINGUISHING NUMBER OF THE ADVERTISEMENT CLEARLY WRITTEN UPON THE TOP RIGHT HAND.

This reply (or any number of them) must be enclosed in another stamped envelope, directed to the Editor, Free Bargain Columns, MYRA'S JOURNAL, 10 and 11, Fetter Lane, E.C., who will add the right name and address, and post it, and thus bring buyer and seller into communication.

Advertisements must reach the office of this paper before the 1st of the month preceding date of issue.

Free Bargains Coupon.

Myra's Journal, February, 1908.

DRESS AND MILLINERY.

LADIES SEVEN-GORE SKIRTS, navy or black, any size, 6s. 6d., postage 6d.—Gooch, 71, Hewitt Avenue, Wood Green.

MILLINERY LESSONS; personal instruction; moderate terms; prospectus free.—W., 57, Upper Gloucester Place, Dorset Square, W.

OPERA CLOAKS, PARTY DRESSES, worn few times.—Violet, 71, Oakfield Road, Anerley.

DARK TWEED COSTUME, 5s. 6d., good CREAM SERGE SKIRT, 7s. 6., medium. Postage. M3707

CHRISTMAS PRESENTS. Lovely wool boas, equal to feathers. 6s. 6d. post paid. Approval. M3701

Handsome, light BROWN BEAR STOLE. 70 inches long, only 15s., a bargain. M3699

BLOUSES, BLOUSES, BLOUSES. The well-known Evernete Blouse, from 2s. 6d. Send for illustrated catalogue. Henrietta Baker, Dept M., 11, Park Road East, Acton, London.

Grey TWEED COSTUME, skirt 36, sleeve 17; also black braided velvet jacket trimmed caracull, 7s. 6d. each, both good. M3700

PLAIN or FANCY BLOUSES supplied from stock or made to order. Style and fit guaranteed.—Miss Benbow, 481, Green Lane, Smallheath, Birmingham.

SMART DAY AND EVENING GOWNS, COSTUMES, BLOUSES, &c. Terms moderate. Good fit.—Madam White, 638, Fulham Road, S.W.

NEEDLEWORK, DRESSMAKERS, &c.

DRESSMAKER, daily. Ladies' houses, town, country. Cut, fit, renovations.—Miss Woolcott, 109, Queen Street Buildings, Edgware Road, W.

RENOVATIONS. Millinery, Blouses, Lamp Shades, Underclothing. Marking in red cotton. Moderate.—Madam, 20, Homecroft Road, Sydenham, S.E.

HOME DRESSCUTTING AND MAKING TAUGHT; experienced teacher; practical dressmaker. Tailors' or Guerre system.—D., 120, Seymour Road, Harringay.

DRESSMAKER, Daily, or at home. Experienced. Miss Connery, 8, Haselrigge Road, Clapham, S.W.

LADIES' MATERIALS MADE UP. Renovations, evening dresses, stylish tailor-made costumes from 3 guineas.—Madame Lespagnol, 40, New Cavendish Street, Cavendish Square, W.

Joan Comerford, DRESSMAKER. Perfect fit, terms moderate.—220, Dalling Road, Shepherd's Bush.

Millicent Wright, 45, Artesian Road, Westbourne Grove. DRESSMAKER. Ladies' materials. Moderate.

DRESSMAKER. Renovator. Daily, 2s 9d., or at home. Miss Purton, 167, Oris Road, Reading.

DRESSMAKING and RENOVATING at ladies' Houses, 7, Gorringe Park Parade, Tooting Junction.

Orders earnestly desired.—EMBROIDERED TRIMMINGS, INITIALS; fine hand-made UNDERWEAR, D'OYLEYS. Bazaar's, recommended. M3708

Mrs. Dolan, DRESS and COSTUMIER, 7, Goodge Street, Tottenham Court Road, W.

SCIENTIFIC DRESSCUTTING. Guerre and Tailor Systems. Students prepared for City and Guilds Examination.—K., 74, Lebanon Gardens, Wandsworth.

JEWELLERY.

Handsome gold-mounted AMETHYST NECKLACE, £6 10s., cost over double; other articles equally cheap.—Williams, 69 Ringmer Avenue Fulham.

Ladies' short SILVER ALBERT. Stamped. Exchange. M3698

ANTIQUES, BOOKS, MUSIC, FOREIGN STAMPS, PHOTOGRAPHY, &c.

Cissy Piper, Vincent House, Wakefield, wants two good MANDOLINES.

STAMP EXCHANGE desired. Send post-card particulars.—G. Mann, 105, Alcester Road, Birmingham.

150 good POSTCARDS—artistic views, actresses, &c. 6d. dozen; 5s. lot. Handsome owl, dressed, suitable for toque, 4s., or offer. Approval, carriage paid. M3667.

Large Pile of MUSIC and BOOKS for sale, cheap. List for stamp. Also some useful furniture. M3710

Wanted BOY'S OWN PAPERS in exchange for music or other magazines. M3665.

PHOTO CABINETS, 3 for 1s. 3d.; PHOTO POSTCARDS, 6 for 1s. 3d.; all official size; send photo.—Sigsworth, Harbottle, St. Byker, Newcastle-on-Tyne.

MANDOLIN, accept 5s., or exchange.—Miss Alice Tanner, 9, Exeter Street, Dyke Road, Brighton.

MISCELLANEOUS.

Unfailing HAIR RESTORER. Luxuriant growth. 1s. 6d. free.—Bowen, 44, Wellington Place, Belfast.

DOLLS of all kinds repaired; heads, wigs, limbs, hands, anything.—Post to Wicks, 16, Dawes Road, London, S.W.

Sale or Exchange.—5 new, fine LINEN FRONTS, for repairing gentlemen's shirts. M3711

KNITTED AND CROCHET ARTICLES,—Great variety Fashionable motor scarves, caps, coats, knitted gloves, silk purses. Dolls, various kinds. Lovely stock collars. Bazaar parcels. M3709

Ladies should not throw away their old Corsets, but send them to Madame Lee, Elm Grove, Southsea, who will clean or renovate them equal to new. Charges strictly moderate; trial solicited.

DOLLS DRESSED for bazaars, &c., from 2s. doz.—Cheynes, Sutton Valence, Kent.

Lady has SILKS FOR DISPOSAL, suitable for patchwork for bazaars.—Apply, Madame Louise, 37, Hamlet Court Road, Westcliff.

ARTISTIC EMBROIDERY and FANCY BRAIDING.—Mrs. Forecast, 78, Queen's Road, Dalston, N.E.

Orders earnestly desired for CROCHET, D'OYLEYS, TRAY CLOTHS, DRAWN THREAD WORK. Recommended.—Miss Pooley, 2, Grove Road, Horley.

RECAMIER CREAM ENAMEL produces lovely complexion. Post free, 1s. and 2s. 6d. M3703

HAND-KNITTING.—Sweet baby bonnets, socks, &c. Lists sent. Orders desired. M3702

DRESSMAKERS.

The Name and Address of any Dressmaker will be inserted free in this column provided the advertiser furnishes us with a Coupon for each announcement *each month*, and she states under which column she wishes her name to appear. *Please write distinctly.*

DRESSMAKERS' COUPON. FEBRUARY, 1908.

LATEST TIME for ADVERTISEMENTS 1st of EACH MONTH.

DRESSMAKING AT LADIES' HOUSES—

Miss E. Allison, 38, Burnt Ash Road, Lee, S.E.
Miss L. C. Andrews, 28, Kelvin Road, Highbury, N.
Miss Atkinson, 29, Tower Street, West Hartlepool, Durham.
Miss E. Baker, 143, Station Road, Forest Gate, Essex.
Miss A. Benbow, 481, Green Lane, Small Heath, Birmingham.
Miss Brooks, 79, Harwood Road, Fulham, S.W.
Miss Connery, 8, Haselrigge Road, Clapham, S.W.
Miss Cove, 93, North Street, Edgware Road, W.
Miss Coward, 82, Camden Road, N.W.
Mrs. Davey, 77, Blatchington Road, Hove.
Mrs. England, 440, Edgware Road, W.
Miss Gook, 21, Hollywood Road, South Kensington.
Miss H. Graeff, 7, Boscombe Road, Tooting, S.W.
Mrs. James, 56, Southlands Road, Bromley Common, Kent.
Miss O'Connor, 29, Richmond Road, West Kensington, W.
Miss Pearl, 13, Bruce Road, South Norwood.
Miss Robinson, 69, St. Thomas's Road, Finsbury Park, N.
Miss Smith, 3, Pakeman Street, Holloway, N.
Miss Alice Tanner, 9, Exeter Street, Dyke Road, Brighton.
Miss Tory, Fair View, Dundry, near Bristol, Somerset.
Miss E. Willson, 77, Cloncurry Street, Fulham Palace Road, S.W.
Miss Woolcott, 109, Queen Street Buildings, Edgware Road, W.

LADIES' OWN MATERIALS MADE UP—

Madam Amie, 1 and 4, New Quebec Street, Portman Square.
Miss E. Bessant, 26, Speenham Rd., Stockwell Pk. Walk, Brixton, S.W
Miss Burnett, 7, Windsor Road, Holloway, N.
Miss Clinch, 18, Barrow Hill Road, St. John's Wood, N.W.
Miss Joan J. Comerford, 220, Dalling Road, Shepherd's Bush, W.
Mrs. Connolly, Limes Cottage, Boreham, near Hailsham, Sussex.
Margaret Dana, 9, Drummond Road, Bournemouth.
Miss Davies, 120, Seymour Road, Harringay, N.
Mrs. Doran, 7, Goodge Street, Tottenham Court Road, W.
Mrs. Eadie, 98, Elgin Avenne, Maida, Hill, W.
Mrs. Gooch, 71, Hewitt Avenue, Wood Green.
Madame Goodwin, 96, Oxford Road, Lowestoft, Suffolk.
Mrs. Groom, 65, Bullar Road, Bitterne Park, Southampton.
Miss L., 37, Haldon Road, West Hill, Wandsworth.
Miss Hauxwell, 16, Portland Gardens, Harringay, N.
Miss Maud Lee, 89, Warwick Street, Belgravia, S.W.
Madam Marion, 20, Homecroft Road, Sydenham, S.E.
A. and A. Pinchback, 53, Guildford Road, Greenwich, S.E.
Miss Flora Ratcliffe, 20, St. Luke's Road, Bayswater, W.
Miss E. Simeon, 37, Tavistock Road, Westbourne Park, W.
Miss Alice Tanner, 9, Exeter Street, Dyke Road, Brighton.
Mrs. Wheeler, 13, St. John's Road, Stamford Hill, N.
Millicent Wright, 45, Artesian Road, Westbourne Grove, W.

LADIES' AND CHILDREN'S MILLINERY—

Miss Drake, 122, Great Western Road, Bayswater.
Mrs. Dye, 31, Queen's Road, Peckham, S.E.
Emilie, 185, Westbourne Grove, W.
Mrs. J. Etherton, 137, Northcote Road, Clapham Junction.
The Parisian Renovating Hat Co., 77, Claverton Street, London, S.W.
Miss Whitehouse, 57, Upper Gloucester Place, Dorset Square.

LADIES' SHIRTS—

Edward M. Deighton, 16, Aldgate Avenue, London, E.C.
Madame Maree, Aldbourne, R.S.O., Swindon, Wilts.
Mrs. C. Petty, 29, Alberta Street, Kennington Park Road, S.E.

PILLOW LACE MAKER—

Mr. Hy. Armstrong, Stoke Goldington, Newport Pagnell, Bucks.
Miss Kent-Johnson, Sharnbrook, Beds.
Mrs. A. Stewart, 29, Markham Street, Chelsea, S.W.

CORSETIERE—

Mme. Gardiner, 28, Sussex Place, Onslow Gardens, South Kensington.
Hélène, 1, Harley Street, Bridge Road, Battersea, S.W.
Madame Marie Steer, 189, Prince of Wales Rd., Haverstock Hill, N.W

FURS RENOVATED—

Miss Annie Blanch, 638, Fulham Road, S.W.
W. H. Keep, 69, Pembroke Street, Caledonian Road, N.
Mrs. Lindfield, 17, Powis Road, Brighton.
Mrs. Annie Roadknight, 24, Powis Square, Brighton.
Madame Vane, 53, Arundel Square, Highbury, N.
Millicent Wright, 45, Artesian Road, Westbourne Grove, W.

All Coupons must be received by the 1st of each month preceding date of issue.

THE "LOUIS" VELVETEEN

IS GENUINE WHEN SPELLED

L-O-U-I-S

The New Colours and Art Shades are unequalled for variety, brilliancy, and depth of tone, while the lustrous bloom and soft, rich texture of the Blue Black has altogether the appearance of a beautiful Silk Velvet.

Ladies experiencing difficulty in obtaining "LOUIS" Velveteen are requested to write to the Manufacturer, 57, Newton Street, Piccadilly, Manchester, who will furnish the address of the nearest Draper supplying it.

"Reg^d Larola" BEETHAM'S

NO MORE ROUGH HANDS.

SOFT WHITE SKIN.

IS UNEQUALLED FOR PRESERVING

THE SKIN & COMPLEXION

FROM THE EFFECTS OF

FROST, COLD WINDS, AND HARD WATER.

IT REMOVES AND PREVENTS ALL

ROUGHNESS, REDNESS, IRRITATION, CHAPS, &c.,

AND KEEPS THE SKIN DELICATELY

SOFT, SMOOTH, AND WHITE

AT ALL SEASONS.

If used after Cycling, Motoring, Golf, &c., it will be found DELIGHTFULLY SOOTHING AND REFRESHING.

Bottles, 1/-, 1/9, and 2/6, of all Chemists and Stores. M. Beetham & Son, Cheltenham.

YOUR

SOILED BLOUSE

Cleaned for 1/3

WE RETURN IT TO YOU DRY CLEANED, LOOKING LIKE NEW.

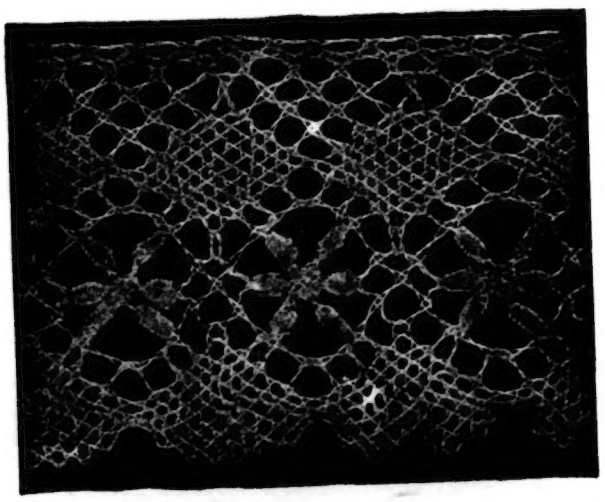
Dresses Dry Cleaned for 4/-.

Send for Price List of other Articles at equally Low Prices.

CLARK & CO., 9, Hallcroft Road, RETFORD.

REGD. MARK. "B.B." REGD. MARK.

TORCHONS



An actual reproduction by a new patented process of Real Torchon Lace exactly as made by Hand-workers on the Cushion. All genuine B.B. Torchons bear this Regd. Mark embossed on every card.

Indestructible in Wash and Wear.

Obtainable from all important Drapers in the United Kingdom.

THE ALL WOOL UNSHRINKABLE FLANNEL

Perfection of Wear for MORNING, NOON & NIGHT

The softest & most beautiful of all Pure Wool Fabrics

ORLWOOLA Regd.

CAUTION! SEE "ORLWOOLA" STAMPED ON EVERY YARD

OF ALL DRAPERS

Manufrs - LEIGH MILLS C° LTD. COVENTRY & BRADFORD.

Try also "ORLWOOLA" hosiery UNDERWEAR along with the flannel.

PARISIAN BUST CO.,

129, Regent St., LONDON.

Customers will find the Long and Medium Hips the most serviceable.

PROMPT DELIVERY

5/-
7/-
9/-

Short Hips 5/- & 7/6
Medium " 7/- & 9/-
Long 9/- & 10/6 as marked.

Every effort is made to give satisfaction from stock sizes free of charge.

Fitted to your own Bodice.
Short Hips 17/-
Medium " 18/6
Long " 20/-

ALL MODELS ARE WELL PADDED FOR PINNING TO.

THE ARGYLE.

Best, 17/6.
Second, 16/-
To Bodice, 2/6 extra.
Portable in box, 21/6.

THE HOUSEHOLD.

A PERFECT EXPANDING BUST.
32/-

ILLUSTRATED BOOKLET POST FREE. *When ordering, please send measurements.*

Printed by Waldrook & Co., Ltd., 13, 14, and 15, Whitefriars Street, London, E.C., and Published Monthly by Beeton & Co., Ltd., 10 and 11, Fetter Lane, London, E.C.